

Historic, Archive Document

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Dietary levels of households in
the four regions of the U. S.,
seasons and year 1965-66.
(Unpublished House-
hold food consumption survey)

AD-93 Bookplate
(1-63)

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TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

ALL URBANIZATION

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,212	100.1	150.9	366.7	1,123	19.6	7,310	1.61	2.28	23.6	100
MILK, CREAM, CHEESE-----	355	19.0	18.9	27.5	613	.2	770	.15	.83	.5	5
MILK-----	248	14.4	12.1	20.5	489	.1	490	.13	.70	.4	4
CREAM, ICE CREAM-----	52	1.2	2.9	5.5	39	*	110	.01	.06	*	*
CHEESE-----	46	3.1	3.6	.5	77	.1	150	*	.06	*	0
SOUP, MIXTURES-----	9	.3	.4	1.0	8	*	30	.01	.01	.1	*
MEAT, POULTRY, FISH-----	656	38.3	54.2	.9	32	5.3	920	.31	.49	8.2	1
BEEF-----	226	15.5	17.7	.0	9	2.3	30	.04	.13	3.0	0
BACON, SALT PORK-----	133	1.5	14.0	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	141	6.5	12.5	*	4	1.0	0	.17	.07	1.3	0
LIVER-----	5	.7	.1	.1	*	.4	630	*	.09	.4	1
LUNCHMEAT, FRANKFURTERS-----	62	2.8	5.4	.4	2	.4	60	.04	.06	.6	0
OTHER MEAT-----	10	.9	.7	*	1	.1	*	*	.01	.3	*
POULTRY-----	57	7.4	2.8	*	5	.7	190	.02	.10	1.8	*
FISH, SHELLFISH-----	23	3.0	1.1	.2	10	.2	20	.01	.01	.6	*
OTHER PROTEIN FOOD-----	198	12.2	11.1	13.1	52	2.5	610	.13	.18	1.5	*
EGGS-----	76	6.0	5.4	.4	25	1.1	550	.04	.13	*	0
DRY LEGUMES-----	57	3.5	.5	10.1	19	1.1	10	.05	.03	.3	*
NUTS, PEANUT BUTTER-----	51	1.8	4.6	1.5	5	.2	*	.02	.01	1.0	*
SOUP, MIXTURES-----	11	.6	.6	.9	2	.1	40	.01	.01	.1	*
ALL VEGETABLES-----	180	6.0	2.0	37.2	83	2.6	3,800	.19	.16	2.7	43
POTATOES-----	76	1.8	1.1	15.0	7	.5	*	.07	.03	1.3	10
DARK GREEN-----	5	.5	.1	.9	28	.3	1,140	.02	.03	.1	9
DEEP YELLOW-----	18	.3	.1	4.3	7	.1	1,620	.01	.01	.1	3
TOMATOES-----	18	.6	.2	3.9	5	.4	460	.03	.02	.4	8
OTHER-----	57	2.6	.3	12.3	35	1.2	420	.07	.07	.7	14
SOUP, MIXTURES-----	5	.2	.2	.7	1	.1	160	*	*	.1	*
ALL FRUIT-----	117	1.2	.4	29.4	28	.8	310	.10	.05	.6	47
CITRUS-----	44	.7	.1	10.8	19	.3	160	.07	.02	.3	41
OTHER VITAMIN C-RICH-----	2	*	*	.4	*	*	10	*	*	*	1
OTHER-----	71	.5	.3	18.2	8	.5	150	.03	.03	.3	4
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

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TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

ALL URBANIZATION

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	655	18.2	5.4	131.1	214	5.9	10	.66	.45	5.7	*
FLOUR-----	186	5.0	.6	38.8	87	1.5	*	.18	.13	1.6	0
CEREAL, PASTES-----	226	5.7	1.2	47.6	58	2.4	10	.26	.14	2.0	*
BREAD-----	187	6.1	2.2	35.0	58	1.7	*	.17	.14	1.7	0
OTHER BAKERY PRODUCTS-----	57	1.4	1.4	9.6	11	.3	*	.05	.03	.4	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	222	3.9	7.2	35.8	34	.6	70	.04	.05	.5	*
FLOUR-----	21	.2	.6	3.9	6	*	*	*	*	*	0
CEREAL, PASTES-----	21	.5	.2	4.4	2	.1	*	.01	*	.1	0
BREAD-----	7	.2	.1	1.5	2	*	*	*	*	*	0
OTHER BAKERY PRODUCTS-----	146	2.3	5.4	22.4	18	.4	30	.02	.03	.2	*
SOUP, MIXTURES-----	25	.7	1.0	3.6	5	.1	40	.01	.01	.1	*
FATS, OILS-----	450	.3	50.2	1.1	6	*	740	*	*	*	*
BUTTER-----	29	*	3.3	*	1	.0	130	.00	.00	.0	0
MARGARINE-----	127	.1	14.3	.1	4	.0	580	.00	.00	.0	0
OIL, SALAD DRESSING-----	128	.1	14.1	.9	2	*	20	*	*	*	*
LARD-----	66	*	7.4	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	99	*	11.1	.1	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	337	.7	1.3	83.8	23	.8	50	.02	.02	.2	4
SUGAR, SIRUP, JELLY, CANDY-----	280	.4	1.3	69.2	19	.7	*	.02	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	7	*	*	1.8	3	*	50	*	*	*	3
NO ADDED VITAMIN C-----	50	.2	*	12.7	1	*	*	*	*	*	*
OTHER FOOD-----	42	.2	.2	6.8	38	.8	10	*	.04	3.7	0
ALCOHOLIC BEVERAGE-----	18	.1	.0	.8	1	*	0	*	.01	.1	0
SOME NUTRITIVE VALUE-----	23	.2	.2	6.0	37	.8	10	*	.04	3.6	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

URBA

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,162	101.6	152.0	350.8	1,074	19.1	7,640	1.54	2.27	23.9	101
MILK, CREAM, CHEESE-----	363	18.9	19.5	28.3	608	.3	790	.15	.82	.6	5
MILK-----	237	13.6	11.7	19.5	464	*	470	.12	.66	.4	4
CREAM, ICE CREAM-----	66	1.6	3.6	7.3	51	*	130	.01	.07	*	*
CHEESE-----	50	3.4	3.8	.5	84	.1	160	*	.06	*	0
SOUP, MIXTURES-----	10	.4	.4	1.1	10	.1	40	.01	.02	.1	1
MEAT, POULTRY, FISH-----	696	42.1	56.8	1.0	34	5.7	1,200	.33	.54	8.9	1
BEEF-----	253	17.1	20.0	*	10	2.6	30	.05	.14	3.3	0
BACON, SALT PORK-----	132	1.6	13.8	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	136	6.7	11.9	*	4	1.0	0	.17	.07	1.3	0
LIVER-----	5	.7	.2	.2	*	.3	880	.01	.10	.4	1
LUNCHMEAT, FRANKFURTERS-----	71	3.2	6.1	.4	2	.5	70	.04	.06	.7	0
OTHER MEAT-----	10	.9	.7	*	1	.1	*	*	.01	.3	*
POULTRY-----	61	8.1	2.9	*	5	.8	200	.02	.11	2.0	*
FISH, SHELLFISH-----	28	3.7	1.3	.2	10	.2	30	.01	.02	.8	*
OTHER PROTEIN FOOD-----	189	11.8	11.1	11.1	49	2.3	620	.12	.18	1.5	*
EGGS-----	78	6.1	5.5	.4	26	1.1	560	.04	.14	*	0
DRY LEGUMES-----	46	2.8	.4	8.0	16	.9	10	.04	.02	.3	*
NUTS, PEANUT BUTTER-----	51	1.9	4.5	1.5	6	.2	*	.02	.01	1.1	*
SOUP, MIXTURES-----	12	.7	.6	.9	2	.1	40	.01	.01	.1	*
ALL VEGETABLES-----	179	6.1	2.3	36.5	83	2.6	3,480	.21	.17	2.8	45
POTATOES-----	74	1.7	1.3	14.2	7	.5	*	.06	.03	1.2	9
DARK GREEN-----	5	.5	.1	.9	25	.3	1,010	.02	.03	.1	9
DEEP YELLOW-----	14	.2	.1	3.2	5	.1	1,340	.01	.01	.1	2
TOMATOES-----	20	.7	.2	4.3	7	.4	530	.03	.02	.5	10
OTHER-----	61	2.8	.4	13.3	39	1.2	460	.08	.08	.8	15
SOUP, MIXTURES-----	5	.2	.1	.7	1	*	140	*	*	.1	*
ALL FRUIT-----	117	1.3	.4	29.4	26	.9	630	.10	.06	.7	45
CITRUS-----	38	.6	.1	9.4	15	.2	130	.06	.02	.3	36
OTHER VITAMIN C-RICH-----	3	.1	*	.7	1	*	190	*	*	*	3
OTHER-----	76	.6	.3	19.4	10	.7	310	.04	.04	.4	6
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

URBA

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	566	16.0	5.2	112.1	165	5.2	20	.57	.39	5.0	*
FLOUR-----	121	3.3	.5	25.1	47	1.0	*	.12	.08	1.0	0
CEREAL, PASTES-----	183	4.6	.9	38.9	43	2.0	10	.22	.11	1.7	*
BREAD-----	206	6.7	2.4	38.6	64	1.9	*	.19	.16	1.8	0
OTHER BAKERY PRODUCTS-----	56	1.4	1.4	9.5	11	.3	10	.05	.03	.4	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	242	4.3	7.9	38.9	39	.7	90	.04	.05	.5	*
FLOUR-----	26	.3	.7	4.7	7	*	*	*	*	*	*
CEREAL, PASTES-----	19	.5	.1	4.0	3	.1	*	.01	*	.1	0
BREAD-----	9	.3	.1	1.9	3	.1	*	.01	*	*	0
OTHER BAKERY PRODUCTS-----	158	2.4	5.9	24.2	21	.4	40	.02	.03	.3	*
SOUP, MIXTURES-----	30	.8	1.2	4.1	5	.1	50	.01	.01	.1	*
FATS, OILS-----	425	.3	47.4	1.2	6	*	740	*	*	*	*
BUTTER-----	30	*	3.4	*	1	.0	140	.00	.00	.0	0
MARGARINE-----	126	.1	14.2	.1	4	.0	580	.00	.00	.0	0
OIL, SALAD DRESSING-----	133	.1	14.6	.9	2	*	30	*	*	*	*
LARD-----	37	*	4.1	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	99	*	11.1	.2	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	342	.7	1.3	85.4	22	.6	50	.01	.02	.1	4
SUGAR, SIRUP, JELLY, CANDY-----	273	.4	1.2	67.7	17	.6	10	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	11	*	*	2.8	4	*	40	*	*	*	4
NO ADDED VITAMIN C-----	58	.2	*	14.9	1	*	*	*	*	*	*
OTHER FOOD-----	43	.2	.1	7.0	40	.8	20	.01	.05	3.8	0
ALCOHOLIC BEVERAGE-----	20	.1	.0	1.1	1	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	23	.1	.1	5.9	39	.8	20	.01	.04	3.7	0

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

URBAN

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA- MIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,212	103.7	155.7	352.6	1,088	19.4	7,420	1.57	2.32	24.2	99
MILK, CREAM, CHEESE-----	366	19.2	19.4	29.0	617	.3	780	.15	.83	.5	5
MILK-----	237	13.8	11.4	19.8	469	*	460	.12	.67	.4	4
CREAM, ICE CREAM-----	70	1.7	3.7	7.9	54	*	140	.02	.08	*	*
CHEESE-----	52	3.5	3.9	.5	85	.1	160	*	.07	*	0
SOUP, MIXTURES-----	8	.3	.3	.9	8	*	30	*	.01	*	*
MEAT, POULTRY, FISH-----	724	43.5	59.2	1.0	35	5.9	1,310	.36	.56	9.1	*
BEEF-----	258	17.5	20.3	*	10	2.6	30	.05	.14	3.3	0
BACON, SALT PORK-----	144	1.7	15.1	.2	3	.2	0	.03	.02	.3	0
OTHER PORK-----	146	7.3	12.7	*	4	1.1	0	.19	.08	1.4	0
LIVER-----	6	.8	.2	.2	*	.3	990	*	.11	.4	*
LUNCHMEAT, FRANKFURTERS-----	75	3.4	6.5	.4	2	.5	60	.05	.06	.7	0
OTHER MEAT-----	8	.8	.5	*	*	.1	*	*	.01	.2	*
POULTRY-----	58	7.8	2.7	*	5	.7	200	.02	.11	1.9	*
FISH, SHELLFISH-----	29	4.1	1.2	.2	10	.2	30	.01	.02	.8	*
OTHER PROTEIN FOOD-----	189	12.3	10.7	11.2	51	2.4	650	.12	.19	1.5	*
EGGS-----	82	6.5	5.8	.5	27	1.2	600	.05	.14	*	0
DRY LEGUMES-----	48	2.9	.4	8.4	17	.9	10	.05	.02	.3	*
NUTS, PEANUT BUTTER-----	44	1.8	3.8	1.4	5	.2	*	.02	*	1.0	*
SOUP, MIXTURES-----	11	.7	.6	.8	2	*	30	*	*	*	*
ALL VEGETABLES-----	167	5.8	2.2	33.9	82	2.5	3,210	.19	.17	2.6	44
POTATOES-----	70	1.6	1.3	13.4	6	.5	*	.06	.03	1.2	8
DARK GREEN-----	5	.5	*	.9	24	.3	1,000	.02	.03	.1	9
DEEP YELLOW-----	8	.2	*	1.9	4	*	1,080	*	*	*	1
TOMATOES-----	19	.7	.2	4.1	6	.4	520	.03	.02	.5	10
OTHER-----	60	2.7	.4	12.9	40	1.2	490	.08	.08	.7	16
SOUP, MIXTURES-----	5	.2	.2	.6	1	*	120	*	*	*	*
ALL FRUIT-----	109	1.2	.4	27.4	25	.9	540	.09	.05	.7	44
CITRUS-----	36	.6	.1	8.8	14	.2	130	.06	.02	.2	34
OTHER VITAMIN C-RICH-----	4	*	*	1.0	2	*	170	*	*	*	4
OTHER-----	69	.5	.2	17.7	9	.6	240	.03	.03	.4	5
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

URBAN

FOOD GROUP ‡ (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA- MIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	580	16.3	5.4	115.0	170	5.4	20	.60	.40	5.2	*
FLOUR-----	122	3.3	.5	25.5	48	1.0	*	.12	.08	1.1	0
CEREAL, PASTES-----	194	4.8	.9	41.2	46	2.2	10	.24	.13	1.9	*
BREAD-----	205	6.7	2.4	38.4	63	1.9	*	.19	.16	1.8	0
OTHER BAKERY PRODUCTS-----	60	1.5	1.5	9.9	12	.4	*	.05	.04	.4	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	247	4.3	8.2	39.7	38	.7	80	.04	.05	.5	*
FLOUR-----	28	.4	.7	5.2	7	*	*	*	*	*	0
CEREAL, PASTES-----	16	.4	.1	3.3	1	*	*	*	*	*	0
BREAD-----	10	.3	*	2.1	3	*	*	*	*	*	0
OTHER BAKERY PRODUCTS-----	163	2.5	6.1	24.9	21	.4	40	.02	.03	.3	*
SOUP, MIXTURES-----	30	.7	1.2	4.2	5	.1	40	*	*	.1	*
FATS, OILS-----	437	.3	48.7	1.3	7	*	760	*	*	*	*
BUTTER-----	29	*	3.3	*	*	.0	140	.00	.00	.0	0
MARGARINE-----	131	.1	14.7	*	4	.0	600	.00	.00	.0	0
OIL, SALAD DRESSING-----	139	.1	15.3	1.0	2	*	30	*	*	*	*
LARD-----	44	*	4.8	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	94	*	10.6	.2	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	350	.7	1.5	87.0	23	.6	50	.02	.02	.2	5
SUGAR, SIRUP, JELLY, CANDY-----	283	.5	1.4	69.7	19	.6	*	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	11	*	*	2.9	3	*	40	*	*	*	4
NO ADDED VITAMIN C-----	56	.3	*	14.4	1	*	*	*	*	*	*
OTHER FOOD-----	43	.2	.1	7.1	42	.8	20	*	.05	4.0	0
ALCOHOLIC BEVERAGE-----	20	*	.0	1.2	2	*	0	*	*	.2	0
SOME NUTRITIVE VALUE-----	23	.1	.1	6.0	40	.8	20	*	.04	3.8	0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

URB

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,105	99.2	149.1	346.2	1,036	18.4	7,520	1.51	2.21	23.5	100
MILK, CREAM, CHEESE-----	361	18.3	19.5	28.4	587	.3	800	.15	.79	.5	5
MILK-----	222	12.8	11.1	18.1	434	*	440	.11	.62	.4	4
CREAM, ICE CREAM-----	79	1.9	4.3	8.8	60	*	160	.02	.09	*	1
CHEESE-----	49	3.2	3.8	.5	82	.1	150	*	.06	*	0
SOUP, MIXTURES-----	11	.4	.5	1.2	12	.1	40	.01	.02	.1	1
MEAT, POULTRY, FISH-----	691	41.5	56.5	1.0	35	5.6	1,140	.33	.52	8.8	1
BEEF-----	256	17.2	20.2	*	10	2.6	30	.05	.14	3.3	0
BACON, SALT PORK-----	135	1.6	14.1	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	130	6.6	11.3	*	4	1.0	0	.17	.07	1.3	0
LIVER-----	4	.6	.1	.1	*	.3	810	*	.09	.3	1
LUNCHMEAT, FRANKFURTERS-----	74	3.4	6.4	.4	2	.5	80	.05	.07	.8	0
OTHER MEAT-----	10	.9	.7	*	1	.1	*	*	.01	.2	*
POULTRY-----	53	7.5	2.4	*	5	.7	190	.02	.11	1.8	*
FISH, SHELLFISH-----	29	3.7	1.3	.2	11	.2	30	.01	.02	.8	*
OTHER PROTEIN FOOD-----	173	10.9	10.2	10.0	45	2.1	590	.10	.17	1.5	*
EGGS-----	74	5.8	5.2	.4	24	1.0	530	.04	.13	*	0
DRY LEGUMES-----	41	2.5	.4	7.0	14	.8	10	.04	.02	.2	*
NUTS, PEANUT BUTTER-----	45	1.8	3.9	1.4	5	.2	*	.01	.01	1.0	*
SOUP, MIXTURES-----	12	.6	.6	1.0	1	.1	40	.01	.01	.1	*
ALL VEGETABLES-----	186	6.7	2.4	37.7	80	2.7	2,890	.23	.19	2.9	47
POTATOES-----	74	1.7	1.4	13.9	6	.5	*	.06	.03	1.2	9
DARK GREEN-----	4	.3	*	.6	17	.2	700	.01	.02	.1	7
DEEP YELLOW-----	8	.2	*	2.0	4	.1	950	.01	.01	.1	1
TOMATOES-----	23	.8	.3	4.9	9	.4	650	.04	.03	.6	13
OTHER-----	73	3.5	.5	15.6	44	1.4	490	.11	.10	.9	17
SOUP, MIXTURES-----	4	.2	.1	.6	1	*	120	*	*	.1	*
ALL FRUIT-----	114	1.4	.4	28.8	25	1.1	1,270	.10	.07	.9	42
CITRUS-----	30	.5	.1	7.3	10	.2	100	.05	.01	.2	27
OTHER VITAMIN C-RICH-----	5	.1	*	1.3	2	.1	520	.01	.01	.1	5
OTHER-----	79	.8	.3	20.2	13	.8	650	.04	.05	.6	9
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

URBA

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
(1)											
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	531	15.0	4.9	105.1	158	4.7	10	.54	.37	4.6	*
FLOUR-----	104	2.8	.4	21.7	44	.8	*	.10	.07	.9	0
CEREAL, PASTES-----	171	4.2	.8	36.3	41	1.7	10	.20	.10	1.6	*
BREAD-----	204	6.6	2.4	38.2	63	1.9	*	.19	.16	1.8	0
OTHER BAKERY PRODUCTS-----	52	1.4	1.2	8.8	10	.3	10	.04	.03	.4	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	248	4.4	8.1	40.0	41	.7	80	.04	.05	.5	*
FLOUR-----	26	.4	.6	4.7	6	*	*	*	*	*	0
CEREAL, PASTES-----	22	.5	.2	4.6	4	.1	*	.01	*	.1	0
BREAD-----	9	.3	.1	1.8	3	.1	0	.01	*	*	0
OTHER BAKERY PRODUCTS-----	165	2.5	6.1	25.2	23	.4	50	.02	.03	.3	*
SOUP, MIXTURES-----	27	.7	1.1	3.7	5	.1	30	.01	.01	.1	*
FATS, OILS-----	412	.3	46.0	1.1	6	.1	700	*	*	*	*
BUTTER-----	29	*	3.3	*	1	.0	130	.00	.00	.0	0
MARGARINE-----	116	.1	13.1	.1	3	.0	530	.00	.00	.0	0
OIL, SALAD DRESSING-----	139	.1	15.3	.9	2	.1	30	*	*	*	*
LARD-----	26	*	2.9	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	102	*	11.4	.2	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	346	.6	1.0	87.4	19	.6	40	.01	.02	.1	5
SUGAR, SIRUP, JELLY, CANDY-----	267	.3	.9	66.7	14	.5	*	.01	.01	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	14	*	*	3.7	4	*	30	*	*	*	4
NO ADDED VITAMIN C-----	65	.2	*	17.1	1	*	*	*	*	*	*
OTHER FOOD-----	42	.2	.1	6.6	39	.8	10	*	.05	3.6	0
ALCOHOLIC BEVERAGE-----	21	.1	.0	1.2	2	*	0	*	.01	.2	0
SUME NUTRITIVE VALUE-----	21	.1	.1	5.4	37	.8	10	*	.04	3.5	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

URBAN

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,279	105.5	157.4	363.7	1,104	19.9	8,600	1.59	2.35	25.2	101
MILK, CREAM, CHEESE-----	364	19.2	19.8	27.7	616	.3	810	.15	.82	.6	5
MILK-----	238	13.6	11.8	19.5	464	*	470	.12	.66	.4	4
CREAM, ICE CREAM-----	63	1.5	3.5	6.7	48	*	130	.01	.07	*	*
CHEESE-----	55	3.7	4.2	.5	94	.1	170	*	.07	*	0
SOUP, MIXTURES-----	8	.4	.3	1.0	10	.1	30	.01	.02	.1	*
MEAT, POULTRY, FISH-----	721	44.3	58.5	1.1	36	6.0	1,430	.34	.58	9.6	1
BEEF-----	261	17.6	20.6	.0	10	2.6	30	.05	.14	3.3	0
BACON, SALT PORK-----	128	1.5	13.4	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	138	6.7	12.1	*	4	1.0	0	.17	.07	1.3	0
LIVER-----	6	.9	.2	.2	*	.4	1,100	.01	.13	.5	1
LUNCHMEAT, FRANKFURTERS-----	69	3.1	6.0	.4	2	.5	60	.04	.06	.7	0
OTHER MEAT-----	13	1.2	.9	*	1	.1	*	.01	.02	.3	*
POULTRY-----	77	9.6	4.0	*	6	.9	210	.03	.12	2.4	*
FISH, SHELLFISH-----	30	3.8	1.3	.3	11	.2	20	.01	.02	.8	*
OTHER PROTEIN FOOD-----	205	12.1	12.7	11.4	52	2.3	610	.13	.18	1.7	*
EGGS-----	78	6.2	5.5	.4	26	1.1	560	.04	.14	*	0
DRY LEGUMES-----	46	2.8	.4	8.0	16	.9	10	.04	.02	.3	*
NUTS, PEANUT BUTTER-----	69	2.4	6.2	2.0	8	.3	*	.04	.02	1.3	*
SOUP, MIXTURES-----	11	.6	.6	.8	1	.1	30	.01	.01	.1	*
ALL VEGETABLES-----	190	6.2	2.4	38.9	93	2.7	4,420	.21	.18	2.8	49
POTATOES-----	80	1.8	1.5	15.3	7	.6	*	.07	.03	1.3	10
DARK GREEN-----	6	.6	.1	1.1	34	.4	1,310	.02	.04	.2	12
DEEP YELLOW-----	25	.4	.1	5.7	8	.2	2,050	.02	.01	.2	3
TOMATOES-----	19	.6	.2	4.0	6	.4	490	.03	.02	.5	8
OTHER-----	56	2.5	.4	12.0	37	1.1	430	.07	.07	.7	15
SOUP, MIXTURES-----	5	.2	.2	.7	1	*	140	*	*	.1	*
ALL FRUIT-----	125	1.2	.4	31.7	26	.9	360	.10	.06	.7	43
CITRUS-----	40	.6	.1	9.8	16	.3	140	.06	.02	.3	37
OTHER VITAMIN C-RICH-----	1	*	*	.3	*	*	40	*	*	*	1
OTHER-----	84	.6	.3	21.6	10	.7	180	.04	.04	.4	5
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

URBA

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	594	16.9	5.5	117.4	164	5.3	20	.59	.40	5.1	*
FLOUR-----	127	3.5	.5	26.6	44	1.0	*	.12	.09	1.1	0
CEREAL, PASTES-----	189	4.8	1.0	40.0	40	2.0	10	.22	.11	1.7	*
BREAD-----	221	7.2	2.6	41.4	68	2.0	*	.21	.17	2.0	0
OTHER BAKERY PRODUCTS-----	56	1.4	1.4	9.4	12	.3	10	.05	.03	.4	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	245	4.4	7.9	39.7	41	.7	120	.04	.06	.6	*
FLOUR-----	29	.4	.7	5.2	7	.1	*	*	*	*	*
CEREAL, PASTES-----	21	.5	.1	4.5	4	.1	*	.01	*	.1	0
BREAD-----	10	.3	.1	2.1	3	.1	*	.01	*	.1	0
OTHER BAKERY PRODUCTS-----	153	2.3	5.7	23.6	21	.4	40	.02	.03	.3	*
SOUP, MIXTURES-----	33	.9	1.4	4.3	6	.1	80	.01	.01	.2	*
FATS, OILS-----	436	.3	48.6	1.1	6	*	790	*	*	*	*
BUTTER-----	33	*	3.7	*	1	.0	150	.00	.00	.0	0
MARGARINE-----	133	.1	15.0	.1	4	.0	610	.00	.00	.0	0
OIL, SALAD DRESSING-----	121	.1	13.3	.8	2	*	20	*	*	*	*
LARD-----	50	*	5.5	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	100	*	11.2	.2	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	353	.7	1.4	87.7	23	.7	40	.02	.02	.1	3
SUGAR, SIRUP, JELLY, CANDY-----	288	.4	1.4	71.2	19	.7	10	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	7	*	*	1.9	2	*	30	*	*	*	3
NO ADDED VITAMIN C-----	57	.2	*	14.7	1	*	*	*	*	*	*
OTHER FOOD-----	45	.2	.1	7.1	47	.9	20	.01	.05	4.0	0
ALCOHOLIC BEVERAGE-----	21	.1	.0	1.0	1	*	0	*	.01	.1	0
SOME NUTRITIVE VALUE-----	23	.1	.1	6.1	46	.9	20	.01	.04	3.9	0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

URBA

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,066	98.5	146.3	342.5	1,072	18.6	7,120	1.51	2.22	23.0	104
MILK, CREAM, CHEESE-----	360	19.0	19.2	28.1	615	.2	790	.15	.83	.6	5
MILK-----	251	14.4	12.4	20.6	489	*	500	.13	.70	.4	4
CREAM, ICE CREAM-----	53	1.2	2.9	5.8	40	*	110	.01	.06	*	*
CHEESE-----	45	3.1	3.4	.5	76	.1	140	*	.06	*	0
SOUP, MIXTURES-----	11	.3	.5	1.2	10	*	40	.01	.02	.1	1
MEAT, POULTRY, FISH-----	651	39.4	53.1	.9	33	5.4	960	.31	.49	8.4	1
BEEF-----	240	16.4	18.8	.0	10	2.4	30	.04	.13	3.1	0
BACON, SALT PORK-----	120	1.4	12.6	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	129	6.2	11.4	*	4	.9	0	.16	.07	1.2	0
LIVER-----	4	.6	.1	.1	*	.3	650	*	.09	.3	1
LUNCHMEAT, FRANKFURTERS-----	64	2.9	5.6	.4	2	.5	70	.04	.06	.7	0
OTHER MEAT-----	10	.9	.7	*	1	.1	0	*	.01	.2	*
POULTRY-----	58	7.8	2.8	*	5	.7	190	.02	.11	1.9	*
FISH, SHELLFISH-----	25	3.2	1.1	.2	10	.2	20	.01	.02	.7	*
OTHER PROTEIN FOOD-----	191	11.8	11.0	11.8	50	2.3	620	.12	.18	1.5	*
EGGS-----	76	6.0	5.4	.4	25	1.1	550	.04	.13	*	0
DRY LEGUMES-----	50	3.0	.4	8.7	17	.9	20	.05	.02	.3	*
NUTS, PEANUT BUTTER-----	50	1.8	4.4	1.5	5	.2	*	.02	.01	1.0	*
SOUP, MIXTURES-----	13	.7	.7	1.1	2	.1	50	.01	.01	.1	*
ALL VEGETABLES-----	174	5.9	2.0	35.7	78	2.5	3,530	.19	.16	2.7	41
POTATOES-----	73	1.7	1.2	14.3	7	.5	*	.06	.03	1.2	9
DARK GREEN-----	5	.5	.1	.9	25	.3	1,070	.01	.03	.1	8
DEEP YELLOW-----	14	.2	.1	3.3	5	.1	1,380	.01	.01	.1	2
TOMATOES-----	19	.6	.2	4.1	5	.4	460	.03	.02	.4	8
OTHER-----	56	2.6	.3	12.3	34	1.2	440	.07	.07	.7	14
SOUP, MIXTURES-----	6	.3	.2	.9	2	.1	180	*	*	.1	*
ALL FRUIT-----	120	1.3	.4	30.1	30	.9	320	.11	.06	.6	50
CITRUS-----	48	.8	.1	11.7	21	.3	170	.08	.03	.3	45
OTHER VITAMIN C-RICH-----	1	*	*	.2	*	*	10	*	*	*	1
OTHER-----	71	.5	.3	18.1	8	.5	140	.03	.03	.3	4
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP—CONTINUED

SOUTH

URBAN

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	564	16.0	5.2	111.6	169	5.2	10	.57	.38	4.9	*
FLOUR-----	130	3.5	.5	27.1	53	1.1	*	.13	.09	1.1	0
CEREAL, PASTES-----	181	4.6	1.0	38.2	45	2.0	10	.22	.11	1.6	*
BREAD-----	195	6.4	2.3	36.5	61	1.8	*	.18	.15	1.8	0
OTHER BAKERY PRODUCTS-----	58	1.5	1.4	9.8	11	.4	*	.05	.03	.4	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	227	4.0	7.5	36.4	35	.6	80	.04	.05	.5	*
FLOUR-----	21	.2	.6	3.8	6	*	*	*	*	*	0
CEREAL, PASTES-----	17	.4	.1	3.6	2	.1	*	.01	*	.1	0
BREAD-----	8	.3	.1	1.7	3	*	*	*	*	*	0
OTHER BAKERY PRODUCTS-----	151	2.3	5.6	23.1	19	.4	40	.02	.03	.3	*
SOUP, MIXTURES-----	30	.8	1.1	4.2	6	.1	40	.01	.01	.1	*
FATS, OILS-----	416	.3	46.4	1.2	6	*	740	*	*	*	*
BUTTER-----	30	*	3.4	*	1	.0	140	.00	.00	.0	0
MARGARINE-----	126	.1	14.2	.1	4	.0	580	.00	.00	.0	0
OIL, SALAD DRESSING-----	132	.1	14.5	.9	2	*	30	*	*	*	*
LARD-----	29	*	3.2	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	99	*	11.1	.2	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	321	.7	1.3	79.7	22	.7	70	.02	.02	.2	5
SUGAR, SIRUP, JELLY, CANDY-----	259	.4	1.2	64.0	16	.6	*	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	9	*	*	2.4	4	*	60	*	*	*	5
NO ADDED VITAMIN C-----	53	.3	*	13.3	1	*	*	*	*	*	*
OTHER FOOD-----	42	.2	.1	7.1	34	.8	10	*	.04	3.7	0
ALCOHOLIC BEVERAGE-----	19	.1	.0	1.0	1	*	0	*	.01	.1	0
SOME NUTRITIVE VALUE-----	23	.1	.1	6.1	33	.8	10	*	.04	3.5	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

RURAL NONFARM

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,428	103.6	158.7	401.2	1,184	20.7	7,360	1.72	2.36	24.9	96
MILK, CREAM, CHEESE-----	357	19.0	19.0	27.9	613	.2	770	.15	.82	.5	5
MILK-----	240	14.0	11.7	20.0	477	.1	470	.12	.68	.4	4
CREAM, ICE CREAM-----	61	1.5	3.3	6.7	48	*	120	.01	.07	*	*
CHEESE-----	49	3.3	3.8	.5	81	.1	150	*	.06	*	0
SOUP, MIXTURES-----	6	.2	.3	.7	6	*	20	.01	.01	*	*
MEAT, POULTRY, FISH-----	672	38.3	56.0	.9	32	5.2	860	.32	.48	8.2	1
BEEF-----	209	14.4	16.3	*	8	2.2	20	.04	.12	2.8	0
BACON, SALT PORK-----	156	1.7	16.4	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	141	6.3	12.6	*	4	.9	0	.17	.07	1.2	0
LIVER-----	4	.6	.1	.1	*	.3	580	*	.08	.3	1
LUNCHMEAT, FRANKFURTERS-----	71	3.2	6.2	.4	2	.5	40	.04	.06	.7	0
OTHER MEAT-----	8	.9	.5	*	1	.1	*	*	.01	.3	*
POULTRY-----	60	7.9	3.0	*	5	.8	200	.02	.11	1.9	*
FISH, SHELLFISH-----	24	3.2	1.0	.2	10	.2	20	.01	.01	.6	*
OTHER PROTEIN FOOD-----	207	12.8	11.4	14.2	54	2.6	600	.14	.18	1.7	*
EGGS-----	77	6.1	5.4	.4	26	1.1	560	.04	.13	*	0
DRY LEGUMES-----	64	4.0	.5	11.2	21	1.2	10	.06	.03	.4	*
NUTS, PEANUT BUTTER-----	56	2.1	5.0	1.7	6	.2	*	.02	.01	1.2	*
SOUP, MIXTURES-----	8	.5	.4	.7	1	.1	30	*	.01	.1	*
ALL VEGETABLES-----	195	6.8	2.1	40.4	92	2.8	3,670	.23	.19	3.0	50
POTATOES-----	80	1.9	1.2	15.9	7	.6	*	.07	.03	1.4	10
DARK GREEN-----	5	.5	.1	.9	28	.3	1,080	.02	.03	.1	10
DEEP YELLOW-----	18	.3	.1	4.1	6	.1	1,470	.01	.01	.1	2
TOMATOES-----	19	.7	.2	4.2	7	.4	540	.03	.02	.5	10
OTHER-----	69	3.3	.4	14.8	43	1.4	470	.09	.09	.8	17
SOUP, MIXTURES-----	4	.2	.1	.5	1	*	120	*	*	*	*
ALL FRUIT-----	106	1.1	.4	26.8	23	.8	610	.08	.05	.6	36
CITRUS-----	29	.5	.1	7.0	11	.2	100	.05	.01	.2	27
OTHER VITAMIN C-RICH-----	4	.1	*	.9	1	*	170	*	*	*	3
OTHER-----	74	.6	.3	18.9	10	.6	340	.03	.04	.4	6
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

RURAL NONFARM

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	747	20.5	5.7	150.5	262	6.7	20	.75	.51	6.5	*
FLOUR-----	238	6.4	.8	50.0	125	1.9	*	.23	.17	2.1	0
CEREAL, PASTES-----	261	6.4	1.4	55.2	66	2.6	20	.29	.16	2.3	*
BREAD-----	194	6.3	2.3	36.3	60	1.8	*	.18	.15	1.7	0
OTHER BAKERY PRODUCTS-----	54	1.4	1.3	9.0	11	.3	10	.04	.03	.4	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	235	4.1	7.5	38.4	34	.7	70	.04	.05	.5	*
FLOUR-----	26	.4	.6	4.9	7	.1	*	*	*	*	*
CEREAL, PASTES-----	26	.6	.2	5.4	2	.1	*	.01	*	.1	*
BREAD-----	5	.2	*	1.1	2	*	*	*	*	*	0
OTHER BAKERY PRODUCTS-----	154	2.3	5.7	23.7	19	.4	40	.02	.03	.2	*
SOUP, MIXTURES-----	23	.6	.9	3.3	4	.1	30	.01	.01	.1	*
FATS, OILS-----	495	.3	55.2	1.0	6	*	710	*	*	*	*
BUTTER-----	25	*	2.8	*	1	.0	120	.00	.00	.0	0
MARGARINE-----	123	.1	13.9	.1	3	.0	570	.00	.00	.0	0
OIL, SALAD DRESSING-----	130	.1	14.3	.8	2	*	30	*	*	*	*
LARD-----	119	*	13.2	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	97	*	11.0	.1	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	379	.6	1.3	94.9	24	.8	40	.02	.02	.2	3
SUGAR, SIRUP, JELLY, CANDY-----	323	.4	1.2	80.4	21	.8	10	.02	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	6	*	*	1.5	2	*	30	*	*	*	2
NO ADDED VITAMIN C-----	50	.2	*	12.9	1	*	*	*	*	*	*
OTHER FOOD-----	36	.2	.2	6.3	43	.8	10	*	.04	3.7	0
ALCOHOLIC BEVERAGE-----	13	*	.0	.5	1	*	0	*	*	.1	0
SOME NUTRITIVE VALUE-----	23	.1	.2	5.8	42	.8	10	*	.04	3.7	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

RURAL NONFARM

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA-MIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,407	102.5	160.4	393.0	1,174	20.1	6,330	1.65	2.31	23.8	87
MILK, CREAM, CHEESE-----	359	19.2	18.9	28.5	620	.2	770	.15	.84	.5	5
MILK-----	240	14.2	11.4	20.3	484	*	460	.12	.69	.4	4
CREAM, ICE CREAM-----	65	1.6	3.5	7.1	51	*	130	.01	.07	*	*
CHEESE-----	48	3.3	3.7	.5	80	.1	150	*	.06	*	0
SOUP, MIXTURES-----	6	.2	.2	.7	6	*	20	*	.01	*	*
MEAT, POULTRY, FISH-----	679	38.1	56.9	.9	33	5.1	760	.32	.47	7.9	*
BEEF-----	207	14.2	16.2	*	8	2.1	20	.04	.12	2.7	0
BACON, SALT PORK-----	166	1.9	17.4	.2	3	.3	0	.04	.02	.3	0
OTHER PORK-----	142	6.5	12.6	*	4	1.0	0	.17	.07	1.3	0
LIVER-----	4	.5	.1	.1	*	.3	500	*	.07	.3	*
LUNCHMEAT, FRANKFURTERS-----	73	3.2	6.4	.4	2	.5	30	.04	.06	.7	0
OTHER MEAT-----	6	.6	.4	*	*	*	*	*	.01	.2	*
POULTRY-----	54	7.2	2.6	*	5	.7	190	.02	.10	1.7	*
FISH, SHELLFISH-----	28	3.9	1.2	.1	11	.2	20	.01	.02	.7	*
OTHER PROTEIN FOOD-----	207	13.2	11.1	14.4	57	2.7	650	.13	.19	1.6	*
EGGS-----	83	6.6	5.9	.5	28	1.2	600	.05	.15	*	0
DRY LEGUMES-----	66	4.1	.5	11.7	23	1.3	20	.06	.03	.4	*
NUTS, PEANUT BUTTER-----	48	2.0	4.2	1.5	5	.2	*	.02	.01	1.1	*
SOUP, MIXTURES-----	8	.5	.4	.7	1	*	30	*	*	*	*
ALL VEGETABLES-----	165	5.8	1.7	34.5	84	2.5	2,890	.19	.16	2.6	45
POTATOES-----	73	1.8	1.0	14.6	6	.5	*	.06	.03	1.3	10
DARK GREEN-----	4	.5	*	.8	26	.3	990	.01	.03	.1	9
DEEP YELLOW-----	7	.1	*	1.7	3	*	840	*	*	*	*
TOMATOES-----	17	.6	.2	3.8	6	.3	460	.03	.02	.4	3
OTHER-----	60	2.7	.4	13.0	42	1.2	490	.08	.08	.7	17
SOUP, MIXTURES-----	3	.2	*	.5	*	*	100	*	*	*	*
ALL FRUIT-----	95	1.0	.3	24.0	21	.8	440	.07	.05	.6	35
CITRUS-----	25	.4	*	6.1	10	.2	90	.04	.01	.2	24
OTHER VITAMIN C-RICH-----	5	*	*	1.3	2	*	120	*	*	*	6
OTHER-----	64	.5	.2	16.6	9	.5	240	.03	.03	.3	5
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

RURAL NONFARM

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA-MIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	738	20.1	5.8	148.7	251	6.5	20	.73	.50	6.4	*
FLOUR-----	226	6.1	.7	47.4	116	1.8	*	.22	.16	2.0	C
CEREAL, PASTES-----	266	6.4	1.4	56.4	63	2.6	20	.29	.16	2.3	*
BREAD-----	193	6.3	2.3	36.2	60	1.8	*	.18	.15	1.7	C
OTHER BAKERY PRODUCTS-----	54	1.3	1.4	8.8	12	.3	*	.04	.03	.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	229	4.0	7.2	37.6	35	.6	70	.04	.05	.5	*
FLOUR-----	31	.5	.6	5.9	8	*	*	*	*	*	*
CEREAL, PASTES-----	21	.5	.2	4.2	3	*	*	.01	*	*	*
BREAD-----	6	.2	*	1.1	2	*	*	*	*	*	C
OTHER BAKERY PRODUCTS-----	150	2.3	5.5	23.2	19	.4	40	.02	.03	.2	*
SOUP, MIXTURES-----	22	.5	.9	3.1	4	*	30	*	*	*	*
FATS, OILS-----	511	.3	56.9	1.1	6	*	710	*	*	*	*
BUTTER-----	27	*	3.1	*	*	.0	130	.00	.00	.0	C
MARGARINE-----	121	*	13.6	*	3	.0	550	.00	.00	.0	C
OIL, SALAD DRESSING-----	136	.1	15.0	.9	2	*	30	*	*	*	*
LARD-----	129	*	14.3	*	0	.0	0	.00	.00	.0	C
VEGETABLE SHORTENING-----	98	*	11.0	.2	0	.0	*	.00	.00	.0	C
SUGAR, SWEETS-----	390	.7	1.5	97.1	26	.8	30	.02	.02	.2	3
SUGAR, SIRUP, JELLY, CANDY-----	334	.5	1.5	82.7	23	.8	*	.02	.02	.2	*
OTHER SWEETS--											
ADDED VITAMIN C-----	6	*	*	1.6	1	*	20	*	*	*	2
NO ADDED VITAMIN C-----	49	.2	*	12.9	1	*	*	*	*	*	*
OTHER FOOD-----	34	.2	.2	6.1	41	.7	*	*	.04	3.6	C
ALCOHOLIC BEVERAGE-----	12	*	.0	.6	*	*	0	*	*	*	C
SOME NUTRITIVE VALUE-----	21	.1	.2	5.5	41	.7	*	*	.03	3.5	C

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

RURAL NONFARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,451	103.4	158.1	410.8	1,164	20.5	7,330	1.74	2.37	24.8	103
MILK, CREAM, CHEESE-----	368	19.1	19.6	29.2	618	.2	780	.15	.83	.5	5
MILK-----	244	14.0	12.1	20.1	477	.1	490	.12	.68	.4	4
CREAM, ICE CREAM-----	72	1.8	3.8	8.1	58	*	120	.02	.08	*	*
CHEESE-----	45	3.1	3.5	.4	76	.1	140	*	.06	*	0
SOUP, MIXTURES-----	6	.2	.2	.7	7	*	20	.01	.01	.1	*
MEAT, POULTRY, FISH-----	662	37.3	55.3	.9	29	4.9	890	.31	.46	7.7	*
BEEF-----	205	14.4	15.9	.0	8	2.1	20	.04	.12	2.8	0
BACON, SALT PORK-----	170	1.8	18.0	.2	2	.3	0	.03	.02	.3	0
OTHER PORK-----	129	5.9	11.5	*	3	.9	0	.15	.07	1.2	0
LIVER-----	3	.4	.1	.1	*	.1	570	*	.06	.2	*
LUNCHEAT, FRANKFURTERS-----	74	3.4	6.4	.4	2	.5	60	.05	.06	.7	0
OTHER MEAT-----	4	.4	.2	*	*	*	0	*	*	.1	0
POULTRY-----	55	7.8	2.4	*	5	.8	210	.02	.12	1.8	*
FISH, SHELLFISH-----	22	3.2	.9	.1	8	.2	20	.01	.01	.6	*
OTHER PROTEIN FOOD-----	196	12.2	10.8	13.2	51	2.4	590	.13	.18	1.7	*
EGGS-----	75	5.9	5.3	.4	25	1.1	540	.04	.13	*	0
DRY LEGUMES-----	60	3.7	.5	10.4	19	1.1	20	.06	.03	.3	*
NUTS, PEANUT BUTTER-----	52	2.1	4.5	1.6	5	.2	*	.02	.01	1.2	*
SOUP, MIXTURES-----	8	.4	.4	.6	1	.1	30	*	.01	.1	*
ALL VEGETABLES-----	218	8.5	2.4	44.6	98	3.2	3,000	.28	.22	3.4	59
POTATOES-----	78	1.8	1.3	15.1	7	.5	*	.07	.03	1.3	10
DARK GREEN-----	3	.3	*	.6	14	.2	610	.01	.02	.1	7
DEEP YELLOW-----	10	.2	*	2.3	3	.1	880	.01	.01	.1	1
TOMATOES-----	25	1.0	.3	5.4	11	.5	780	.05	.03	.7	17
OTHER-----	99	5.1	.6	20.8	61	1.9	630	.15	.13	1.2	24
SOUP, MIXTURES-----	3	.1	.1	.5	1	*	100	*	*	*	*
ALL FRUIT-----	106	1.3	.4	26.9	22	1.0	1,310	.09	.07	.8	35
CITRUS-----	21	.3	.1	5.1	7	.1	70	.03	.01	.1	20
OTHER VITAMIN C-RICH-----	5	.1	*	1.3	2	.1	510	.01	.01	.1	5
OTHER-----	80	.8	.3	20.4	13	.8	730	.05	.05	.5	10
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

RURAL NONFA

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	727	19.9	5.7	146.2	246	6.5	30	.73	.50	6.4	*
FLOUR-----	210	5.7	.7	44.1	111	1.7	*	.21	.15	1.8	0
CEREAL, PASTES-----	250	6.0	1.2	53.3	59	2.5	20	.28	.16	2.3	*
BREAD-----	208	6.7	2.4	39.0	64	1.9	*	.19	.16	1.9	0
OTHER BAKERY PRODUCTS-----	59	1.5	1.4	9.8	12	.4	10	.05	.04	.4	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	242	4.0	7.7	39.5	36	.6	60	.04	.05	.5	*
FLOUR-----	30	.4	.7	5.6	6	.1	*	*	.01	*	0
CEREAL, PASTES-----	24	.5	.1	5.0	3	.1	*	.01	*	.1	0
BREAD-----	5	.2	*	1.0	2	*	0	*	*	*	0
OTHER BAKERY PRODUCTS-----	162	2.4	6.0	24.8	21	.4	40	.02	.03	.3	*
SOUP, MIXTURES-----	21	.5	.8	3.0	4	.1	20	.01	.01	.1	*
FATS, OILS-----	494	.3	55.0	1.1	6	*	650	*	*	*	*
BUTTER-----	19	*	2.1	*	1	.0	90	.00	.00	.0	0
MARGARINE-----	118	.1	13.2	.1	3	.0	540	.00	.00	.0	0
OIL, SALAD DRESSING-----	146	.1	16.0	1.0	2	*	30	*	*	*	*
LARD-----	109	.0	12.1	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	103	*	11.6	.1	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	409	.7	1.0	103.2	21	.7	20	.01	.02	.1	3
SUGAR, SIRUP, JELLY, CANDY-----	338	.4	1.0	85.0	18	.7	10	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	9	*	*	2.4	2	*	20	*	*	*	2
NO ADDED VITAMIN C-----	61	.3	*	15.8	1	*	*	*	*	*	*
OTHER FOOD-----	30	.1	.1	6.0	37	.8	10	*	.04	3.7	0
ALCOHOLIC BEVERAGE-----	9	*	.0	.5	1	.0	0	*	*	.1	0
SOME NUTRITIVE VALUE-----	21	.1	.1	5.4	36	.8	10	*	.03	3.6	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

RURAL NONFARM

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG.	MG	MG	MG
ALL FOOD GROUPS-----	3,466	106.6	159.8	405.9	1,216	21.4	8,320	1.75	2.38	26.5	93
MILK, CREAM, CHEESE-----	355	18.8	19.1	27.2	610	.2	780	.15	.81	.5	5
MILK-----	241	13.9	11.9	19.7	473	*	480	.12	.68	.4	4
CREAM, ICE CREAM-----	55	1.3	2.9	6.0	43	*	110	.01	.06	*	*
CHEESE-----	51	3.3	3.9	.5	87	.1	160	*	.06	*	0
SOUP, MIXTURES-----	8	.2	.3	.9	7	*	30	.01	.01	.1	*
MEAT, POULTRY, FISH-----	688	40.8	56.6	.9	36	5.5	940	.32	.51	9.2	1
BEEF-----	213	14.6	16.7	*	9	2.2	20	.04	.12	2.8	0
BACON, SALT PORK-----	137	1.5	14.4	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	141	6.1	12.8	*	3	.9	0	.16	.07	1.2	0
LIVER-----	5	.8	.1	.1	*	.5	650	.01	.10	.4	1
LUNCHMEAT, FRANKFURTERS-----	74	3.3	6.5	.4	2	.5	20	.05	.06	.7	0
OTHER MEAT-----	15	1.8	.8	*	2	.1	*	.01	.01	.8	*
POULTRY-----	79	9.5	4.2	*	6	.9	220	.03	.12	2.4	0
FISH, SHELLFISH-----	24	3.2	1.1	.1	12	.2	20	.01	.02	.6	*
OTHER PROTEIN FOOD-----	217	12.9	12.5	14.3	55	2.6	580	.14	.18	1.9	*
EGGS-----	74	5.9	5.3	.4	25	1.1	540	.04	.13	*	0
DRY LEGUMES-----	62	3.9	.4	11.1	21	1.2	10	.06	.03	.4	*
NUTS, PEANUT BUTTER-----	71	2.5	6.4	2.1	8	.3	*	.03	.01	1.4	*
SOUP, MIXTURES-----	9	.5	.5	.6	1	.1	20	*	.01	.1	*
ALL VEGETABLES-----	209	6.8	2.2	43.6	100	2.8	4,800	.23	.19	3.0	50
POTATOES-----	89	2.1	1.3	17.6	8	.6	*	.08	.04	1.5	12
DARK GREEN-----	7	.7	.1	1.2	40	.4	1,490	.02	.05	.2	13
DEEP YELLOW-----	33	.5	.1	7.7	10	.2	2,380	.02	.02	.2	5
TOMATOES-----	17	.6	.2	3.6	5	.3	440	.03	.02	.4	8
OTHER-----	59	2.7	.3	12.9	34	1.2	370	.07	.07	.7	13
SOUP, MIXTURES-----	4	.2	.1	.6	1	*	130	*	*	*	*
ALL FRUIT-----	110	1.0	.4	27.9	22	.8	330	.08	.05	.6	33
CITRUS-----	29	.5	.1	7.1	12	.2	100	.05	.02	.2	27
OTHER VITAMIN C-RICH-----	2	*	*	.4	*	*	20	*	*	*	1
OTHER-----	79	.5	.3	20.3	9	.5	210	.03	.03	.3	5
MIXTURES-----	*	*	*	.1	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

RURAL NONFARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	752	20.8	5.6	151.7	280	6.9	20	.76	.52	6.6	*
FLOUR-----	267	7.2	.8	56.2	147	2.2	*	.26	.19	2.4	0
CEREAL, PASTES-----	246	6.2	1.4	51.8	64	2.7	10	.28	.15	2.2	*
BREAD-----	194	6.3	2.3	36.3	60	1.8	*	.18	.15	1.7	0
OTHER BAKERY PRODUCTS-----	44	1.1	1.1	7.4	9	.3	10	.03	.03	.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	258	4.5	8.1	42.4	34	.8	100	.05	.05	.6	*
FLOUR-----	23	.3	.6	4.3	7	*	*	*	*	*	0
CEREAL, PASTES-----	43	1.0	.5	8.7	2	.2	*	.02	.01	.2	0
BREAD-----	3	.1	*	.7	1	*	0	*	*	*	0
OTHER BAKERY PRODUCTS-----	157	2.4	5.7	24.4	19	.4	40	.02	.03	.2	*
SOUP, MIXTURES-----	31	.7	1.3	4.3	5	.1	60	.01	.01	.1	*
FATS, OILS-----	484	.2	54.0	.9	6	*	700	*	*	*	*
BUTTER-----	27	*	3.1	*	1	.0	130	.00	.00	.0	0
MARGARINE-----	121	.1	13.6	.1	3	.0	550	.00	.00	.0	0
OIL, SALAD DRESSING-----	109	.1	11.9	.7	2	*	20	*	*	*	*
LARD-----	139	.0	15.4	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	89	*	10.0	.1	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	361	.5	1.1	90.6	26	.9	60	.02	.02	.1	3
SUGAR, SIRUP, JELLY, CANDY-----	316	.4	1.1	79.3	22	.9	10	.02	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	4	*	*	1.1	3	*	50	*	*	*	3
NO ADDED VITAMIN C-----	40	.1	*	10.3	1	*	*	*	*	*	*
OTHER FOOD-----	33	.2	.2	6.5	49	.9	20	*	.04	4.0	0
ALCOHOLIC BEVERAGE-----	8	*	.0	.3	*	*	0	*	*	*	0
SOME NUTRITIVE VALUE-----	24	.2	.2	6.2	49	.9	20	*	.04	4.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

RURAL NONFARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,385	101.9	156.5	394.3	1,181	20.9	7,420	1.75	2.35	24.5	97
MILK, CREAM, CHEESE-----	344	18.7	18.3	26.6	602	.2	740	.14	.81	.5	5
MILK-----	235	14.0	11.2	19.9	476	.1	450	.12	.68	.4	4
CREAM, ICE CREAM-----	53	1.2	3.0	5.6	40	*	110	.01	.06	*	*
CHEESE-----	51	3.4	3.9	.5	81	.1	160	*	.06	*	0
SOUP, MIXTURES-----	5	.2	.2	.6	5	*	20	*	.01	*	*
MEAT, POULTRY, FISH-----	661	36.9	55.4	.9	32	5.3	860	.32	.49	7.9	1
BEEF-----	210	14.6	16.4	.0	8	2.2	20	.04	.12	2.8	0
BACON, SALT PORK-----	150	1.6	15.8	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	152	6.9	13.6	*	4	1.0	0	.19	.08	1.4	0
LIVER-----	5	.7	.1	.1	*	.4	600	.01	.10	.4	1
LUNCHMEAT, FRANKFURTERS-----	60	2.6	5.3	.3	2	.4	50	.04	.05	.6	0
OTHER MEAT-----	9	.9	.6	*	1	.1	*	.01	.02	.3	*
POULTRY-----	53	6.9	2.6	*	4	.7	180	.02	.10	1.7	0
FISH, SHELLFISH-----	21	2.7	.9	.2	10	.2	10	.01	.01	.6	*
OTHER PROTEIN FOOD-----	208	12.8	11.2	14.8	54	2.7	600	.14	.19	1.6	*
EGGS-----	76	6.0	5.3	.4	25	1.1	550	.04	.13	*	0
DRY LEGUMES-----	67	4.2	.5	11.9	21	1.3	10	.07	.03	.4	*
NUTS, PEANUT BUTTER-----	54	1.9	4.9	1.6	6	.2	*	.02	.01	1.0	*
SOUP, MIXTURES-----	8	.5	.4	.6	1	.1	30	.01	.01	.1	*
ALL VEGETABLES-----	185	6.2	2.0	38.4	87	2.6	4,020	.20	.17	2.8	45
POTATOES-----	80	1.9	1.1	16.1	7	.6	*	.07	.03	1.4	11
DARK GREEN-----	6	.6	.1	1.0	31	.3	1,230	.02	.04	.1	10
DEEP YELLOW-----	21	.3	.1	4.8	7	.2	1,790	.01	.01	.1	3
TOMATOES-----	18	.6	.2	3.8	5	.4	480	.03	.02	.4	8
OTHER-----	56	2.5	.4	12.0	35	1.1	380	.07	.06	.6	13
SOUP, MIXTURES-----	5	.2	.1	.6	1	*	140	*	*	.1	*
ALL FRUIT-----	113	1.1	.4	28.5	25	.8	300	.09	.05	.6	43
CITRUS-----	40	.6	.1	9.8	17	.3	140	.07	.02	.3	37
OTHER VITAMIN C-RICH-----	2	*	*	.6	*	*	*	*	*	*	1
OTHER-----	70	.5	.2	18.1	8	.5	160	.03	.03	.3	4
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

RURAL NONFARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	773	21.2	5.9	155.9	273	7.0	10	.78	.53	6.7	*
FLOUR-----	251	6.8	.8	52.7	127	2.0	*	.25	.17	2.2	0
CEREAL, PASTES-----	284	7.2	1.6	59.7	79	2.9	10	.32	.18	2.5	*
BREAD-----	179	5.8	2.1	33.6	56	1.7	*	.17	.14	1.6	0
OTHER BAKERY PRODUCTS-----	58	1.5	1.4	9.8	11	.4	*	.05	.03	.4	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN---	210	3.7	6.9	33.7	31	.6	60	.04	.04	.5	*
FLOUR-----	21	.2	.6	3.8	6	*	*	*	*	*	0
CEREAL, PASTES-----	17	.4	.2	3.5	2	.1	*	.01	*	.1	0
BREAD-----	7	.2	.1	1.4	2	*	*	*	*	*	0
OTHER BAKERY PRODUCTS-----	146	2.3	5.4	22.3	17	.4	30	.01	.03	.3	0
SOUP, MIXTURES-----	19	.5	.7	2.7	3	.1	30	*	.01	.1	*
FATS, OILS-----	492	.3	54.9	1.0	6	*	760	*	*	*	*
BUTTER-----	27	*	3.1	*	1	.0	130	.00	.00	.0	0
MARGARINE-----	134	.1	15.1	.1	4	.0	610	.00	.00	.0	0
OIL, SALAD DRESSING-----	128	.1	14.1	.8	2	*	20	*	*	*	*
LARD-----	102	.0	11.3	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	100	*	11.3	.1	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	354	.7	1.4	88.0	26	.9	40	.02	.02	.2	3
SUGAR, SIRUP, JELLY, CANDY-----	301	.5	1.4	74.4	22	.8	*	.02	.02	.2	*
OTHER SWEETS---											
ADDED VITAMIN C-----	4	*	*	1.0	3	*	40	*	*	*	2
NO ADDED VITAMIN C-----	49	.2	.1	12.5	1	*	*	*	*	*	*
OTHER FOOD-----	46	.2	.2	6.6	44	.9	20	.01	.05	3.7	0
ALCOHOLIC BEVERAGE-----	22	*	.0	.5	1	*	0	*	*	.1	0
SOME NUTRITIVE VALUE-----	24	.2	.2	6.1	44	.9	20	.01	.04	3.6	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

SOUTH
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FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,611	104.4	162.1	440.0	1,236	21.3	7,710	1.85	2.45	24.9	92
MILK, CREAM, CHEESE-----	357	18.8	19.5	27.4	616	.2	790	.15	.84	.5	5
MILK-----	263	15.0	13.3	21.2	510	*	540	.13	.73	.5	4
CREAM, ICE CREAM-----	53	1.2	3.1	5.4	40	*	120	.01	.06	*	*
CHEESE-----	37	2.5	2.8	.4	63	.1	120	*	.05	*	0
SOUP, MIXTURES-----	4	.1	.2	.4	3	*	10	*	.01	*	*
MEAT, POULTRY, FISH-----	684	36.8	58.1	.7	34	5.0	860	.32	.48	7.9	1
BEEF-----	181	12.4	14.2	*	7	1.8	20	.03	.10	2.4	0
BACON, SALT PORK-----	180	1.7	19.1	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	158	6.9	14.2	*	4	1.0	0	.18	.08	1.4	0
LIVER-----	4	.6	.1	.1	*	.4	560	*	.08	.4	1
LUNCHMEAT, FRANKFURTERS-----	63	2.8	5.6	.3	2	.4	30	.04	.05	.6	0
OTHER MEAT-----	6	.7	.4	*	1	.1	*	*	.01	.3	*
POULTRY-----	67	8.4	3.5	*	5	.8	240	.02	.12	2.0	0
FISH, SHELLFISH-----	24	3.3	1.1	.1	13	.2	10	.01	.02	.6	*
OTHER PROTEIN FOOD-----	197	12.3	10.6	13.7	53	2.6	600	.14	.18	1.4	*
EGGS-----	78	6.2	5.5	.4	26	1.1	560	.04	.14	*	0
DRY LEGUMES-----	64	4.0	.5	11.3	21	1.3	10	.07	.03	.4	*
NUTS, PEANUT BUTTER-----	50	1.8	4.4	1.5	5	.2	*	.03	.01	1.0	*
SOUP, MIXTURES-----	4	.3	.2	.3	1	*	10	*	*	*	*
ALL VEGETABLES-----	207	7.4	1.6	44.0	100	2.9	4,080	.25	.20	3.1	54
POTATOES-----	75	1.9	.7	15.7	7	.6	*	.07	.03	1.4	11
DARK GREEN-----	5	.5	.1	1.0	30	.3	1,130	.02	.03	.1	10
DEEP YELLOW-----	26	.4	.1	6.1	8	.2	1,840	.02	.01	.1	4
TOMATOES-----	18	.7	.2	3.9	7	.4	540	.03	.02	.5	11
OTHER-----	80	3.8	.5	17.1	48	1.5	500	.11	.10	.9	18
SOUP, MIXTURES-----	2	.1	.1	.3	1	*	80	*	*	*	*
ALL FRUIT-----	101	1.0	.4	25.7	21	.8	640	.07	.06	.6	31
CITRUS-----	21	.3	.1	5.0	9	.2	70	.03	.01	.1	19
OTHER VITAMIN C-RICH-----	5	.1	*	1.3	2	.1	170	*	*	.1	4
OTHER-----	75	.6	.3	19.4	11	.6	390	.04	.04	.4	8
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	878	23.4	5.6	179.7	305	7.5	30	.86	.59	7.6	*
FLOUR-----	329	8.9	1.0	69.1	171	2.7	*	.33	.23	2.9	0
CEREAL, PASTES-----	336	7.9	1.6	71.6	72	3.0	30	.34	.21	2.9	*
BREAD-----	167	5.4	2.0	31.3	52	1.5	*	.15	.13	1.5	0
OTHER BAKERY PRODUCTS-----	46	1.2	1.1	7.7	10	.3	10	.04	.03	.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	218	3.8	6.2	37.2	30	.6	60	.04	.04	.5	*
FLOUR-----	26	.3	.6	4.9	7	*	*	*	*	*	0
CEREAL, PASTES-----	51	1.1	.3	10.7	4	.2	*	.02	.01	.2	0
BREAD-----	2	.1	*	.4	1	*	*	*	*	*	0
OTHER BAKERY PRODUCTS-----	120	1.8	4.4	18.5	15	.3	30	.01	.02	.2	*
SOUP, MIXTURES-----	20	.4	.9	2.7	3	.1	30	*	.01	.1	*
FATS, OILS-----	530	.2	59.0	.9	5	*	640	*	*	*	*
BUTTER-----	34	*	3.9	*	1	.0	160	.00	.00	.0	0
MARGARINE-----	101	.1	11.3	.1	3	.0	460	.00	.00	.0	0
OIL, SALAD DRESSING-----	102	.1	11.1	.8	1	*	20	*	*	*	*
LARD-----	217	*	24.1	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	77	*	8.6	.1	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	418	.5	1.0	105.7	26	1.0	20	.02	.02	.1	2
SUGAR, SIRUP, JELLY, CANDY-----	370	.3	.9	93.3	24	1.0	*	.02	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	4	*	*	1.0	1	*	10	*	*	*	1
NO ADDED VITAMIN C-----	45	.1	*	11.5	1	*	*	*	*	*	*
OTHER FOOD-----	21	.2	.2	5.0	46	.7	*	*	.03	3.2	0
ALCOHOLIC BEVERAGE-----	2	*	.0	.1	*	*	0	*	*	*	0
SOME NUTRITIVE VALUE-----	19	.2	.2	4.9	46	.7	*	*	.03	3.1	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES *

SOUTH

RURAL FARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA-MIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,582	104.0	162.9	430.4	1,226	21.0	5,940	1.81	2.40	24.1	79
MILK, CREAM, CHEESE-----	368	19.0	20.2	28.3	620	.2	810	.15	.85	.5	5
MILK-----	259	14.8	13.1	21.0	500	*	530	.13	.72	.5	4
CREAM, ICE CREAM-----	67	1.5	3.9	6.6	49	*	150	.01	.07	*	*
CHEESE-----	39	2.6	3.0	.4	67	*	120	*	.05	*	0
SOUP, MIXTURES-----	3	.1	.1	.4	4	*	10	*	*	*	*
MEAT, POULTRY, FISH-----	694	37.5	58.9	.8	34	5.1	700	.35	.46	7.7	*
BEEF-----	189	13.0	14.8	*	8	1.9	20	.03	.10	2.5	0
BACON, SALT PORK-----	183	1.9	19.3	.2	2	.3	0	.04	.02	.3	0
OTHER PORK-----	169	7.8	15.0	*	4	1.2	0	.20	.09	1.5	0
LIVER-----	3	.5	.1	*	*	.3	430	*	.07	.3	*
LUNCHMEAT, FRANKFURTERS-----	61	2.8	5.3	.3	2	.4	20	.04	.05	.6	0
OTHER MEAT-----	3	.4	.2	*	*	*	*	*	*	.1	*
POULTRY-----	59	7.4	3.0	*	5	.7	220	.02	.11	1.8	*
FISH, SHELLFISH-----	26	3.7	1.1	*	13	.2	10	.01	.02	.6	*
OTHER PROTEIN FOOD-----	203	13.3	10.2	15.1	57	2.8	640	.14	.19	1.4	*
EGGS-----	84	6.7	5.9	.5	28	1.2	610	.05	.15	*	0
DRY LEGUMES-----	74	4.7	.6	13.1	25	1.5	10	.08	.04	.4	*
NUTS, PEANUT BUTTER-----	40	1.6	3.5	1.3	4	.1	*	.02	*	.9	*
SOUP, MIXTURES-----	4	.4	.2	.3	*	*	10	*	*	*	*
ALL VEGETABLES-----	166	5.8	1.4	35.5	83	2.5	2,670	.19	.16	2.6	43
POTATOES-----	72	1.8	.7	15.1	7	.5	*	.07	.03	1.3	10
DARK GREEN-----	4	.4	*	.8	24	.3	970	.01	.03	*	2
DEEP YELLOW-----	8	.1	*	1.9	3	*	730	*	*	*	1
TOMATOES-----	14	.5	.1	3.2	5	.3	390	.02	.02	.4	7
OTHER-----	65	2.9	.4	14.2	44	1.3	500	.06	.08	.6	17
SOUP, MIXTURES-----	2	*	*	.3	*	*	60	*	*	*	*
ALL FRUIT-----	88	.9	.3	22.2	18	.7	380	.06	.05	.5	29
CITRUS-----	18	.3	*	4.4	7	.1	60	.03	*	.1	17
OTHER VITAMIN C-RICH-----	7	*	*	1.8	2	.1	120	*	*	*	7
OTHER-----	62	.5	.2	16.0	9	.5	200	.03	.03	.3	5
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--¹CONTINUED

SOUTH

RURAL FARM

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA- MIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	887	23.6	5.6	181.7	303	7.5	30	.87	.60	7.7	*
FLOUR-----	342	9.3	1.0	71.9	171	2.8	*	.34	.24	3.0	C
CEREAL, PASTES-----	339	7.9	1.6	72.3	72	3.0	30	.35	.21	2.9	*
BREAD-----	165	5.3	1.9	30.8	51	1.5	*	.15	.13	1.5	C
OTHER BAKERY PRODUCTS-----	41	1.0	1.1	6.7	9	.2	*	.03	.03	.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	186	3.1	5.9	30.4	29	.5	50	.03	.04	.4	*
FLOUR-----	27	.4	.6	5.0	9	*	*	*	*	*	C
CEREAL, PASTES-----	20	.5	.2	4.2	2	*	*	.01	*	*	C
BREAD-----	2	*	*	.4	*	*	*	*	*	*	C
OTHER BAKERY PRODUCTS-----	120	1.8	4.4	18.5	15	.3	30	.01	.02	.2	*
SOUP, MIXTURES-----	17	.4	.7	2.3	2	*	20	*	*	*	*
FATS, OILS-----	533	.2	59.3	.9	5	*	640	*	*	*	*
BUTTER-----	35	*	4.0	*	*	.0	160	.00	.00	.0	C
MARGARINE-----	99	*	11.1	*	3	.0	450	.00	.00	.0	C
OIL, SALAD DRESSING-----	108	*	11.9	.8	1	*	20	*	*	*	*
LARD-----	213	*	23.6	*	0	.0	0	.00	.00	.0	C
VEGETABLE SHORTENING-----	78	*	8.8	*	0	.0	*	.00	.00	.0	C
SUGAR, SWEETS-----	437	.5	1.1	110.5	27	1.0	10	.02	.02	.1	2
SUGAR, SIRUP, JELLY, CANDY-----	390	.4	1.0	98.3	26	1.0	*	.02	.02	.1	*
OTHER SWEETS--	4	*	*	1.1	*	*	*	*	*	*	1
ADDED VITAMIN C-----	43	.1	*	11.1	*	*	*	*	*	*	*
NO ADDED VITAMIN C-----											
OTHER FOOD-----	22	.2	.2	5.0	50	.7	*	*	.03	3.2	C
ALCOHOLIC BEVERAGE-----	3	*	.0	.2	*	*	0	.00	*	*	C
SOME NUTRITIVE VALUE-----	19	.2	.2	4.9	50	.7	*	*	.03	3.1	C

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

SOUTH
SOUTH

RURAL FAR
RURAL FAR

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,663	105.4	161.1	455.9	1,214	21.7	7,110	1.90	2.49	25.4	105
MILK, CREAM, CHEESE-----	350	18.4	19.0	27.2	599	.2	760	.15	.82	.5	5
MILK-----	251	14.4	12.7	20.3	489	*	510	.13	.70	.4	4
CREAM, ICE CREAM-----	58	1.3	3.3	6.1	44	*	120	.01	.06	*	*
CHEESE-----	37	2.5	2.8	.4	63	.1	110	*	.05	*	0
SOUP, MIXTURES-----	4	.1	.2	.4	3	*	10	*	.01	*	*
MEAT, POULTRY, FISH-----	670	36.6	56.6	.7	34	4.9	900	.30	.47	7.7	*
BEEF-----	183	12.6	14.3	.0	7	1.9	20	.03	.10	2.4	0
BACON, SALT PORK-----	179	1.7	19.0	.1	2	.2	0	.03	.02	.3	0
OTHER PORK-----	141	6.1	12.8	*	4	.9	0	.16	.07	1.2	0
LIVER-----	4	.5	.1	.1	*	.3	580	*	.07	.3	*
LUNCHMEAT, FRANKFURTERS-----	68	3.0	6.0	.4	2	.5	20	.04	.05	.7	0
OTHER MEAT-----	4	.5	.2	*	*	.1	0	*	.01	.1	0
POULTRY-----	66	8.8	3.2	*	6	.9	260	.02	.13	2.1	0
FISH, SHELLFISH-----	25	3.3	1.1	.1	13	.2	10	.01	.02	.6	*
OTHER PROTEIN FOOD-----	171	11.2	9.2	11.1	46	2.3	600	.12	.17	1.2	*
EGGS-----	79	6.2	5.6	.4	26	1.1	570	.04	.14	*	0
DRY LEGUMES-----	52	3.3	.3	9.3	16	1.0	10	.06	.03	.3	*
NUTS, PEANUT BUTTER-----	37	1.5	3.2	1.2	4	.1	*	.01	.01	.9	*
SOUP, MIXTURES-----	3	.2	.1	.3	*	*	20	*	*	*	*
ALL VEGETABLES-----	237	9.6	2.0	49.7	102	3.4	2,650	.33	.26	3.8	64
POTATOES-----	79	2.0	.8	16.4	7	.6	*	.07	.04	1.4	11
DARK GREEN-----	3	.2	*	.5	9	.1	420	.01	.01	.1	5
DEEP YELLOW-----	7	.1	*	1.6	2	.1	600	*	*	.1	1
TOMATOES-----	27	1.1	.3	5.8	12	.6	890	.06	.04	.7	20
OTHER-----	120	6.1	.8	25.2	70	2.1	680	.18	.16	1.5	27
SOUP, MIXTURES-----	2	.1	.1	.3	*	*	70	*	*	*	*
ALL FRUIT-----	112	1.4	.5	28.2	24	1.2	1,460	.09	.08	.8	33
CITRUS-----	15	.2	.1	3.6	5	.1	50	.02	.01	.1	13
OTHER VITAMIN C-RICH-----	6	.1	*	1.6	2	.1	470	.01	.01	.1	6
OTHER-----	91	1.0	.4	23.0	17	1.0	940	.06	.06	.6	13
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	884	23.6	5.7	180.6	308	7.5	30	.87	.60	7.7	*
FLOUR-----	326	8.9	1.0	68.5	165	2.7	*	.32	.23	2.9	0
CEREAL, PASTES-----	328	7.6	1.5	70.0	76	2.9	20	.34	.20	2.8	*
BREAD-----	182	5.9	2.1	34.0	56	1.7	*	.17	.14	1.6	0
OTHER BAKERY PRODUCTS-----	48	1.3	1.1	8.1	10	.3	10	.04	.03	.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	229	3.8	6.6	38.8	28	.6	60	.04	.04	.5	*
FLOUR-----	24	.2	.7	4.5	7	*	*	*	*	*	0
CEREAL, PASTES-----	52	1.1	.2	11.2	2	.2	*	.02	.01	.2	0
BREAD-----	2	.1	*	.4	1	*	*	*	*	*	0
OTHER BAKERY PRODUCTS-----	127	1.9	4.7	19.6	15	.3	30	.01	.02	.2	0
SOUP, MIXTURES-----	23	.4	1.0	3.1	3	.1	30	*	.01	.1	*
FATS, OILS-----	543	.2	60.4	1.0	5	*	630	*	*	*	*
BUTTER-----	32	*	3.7	*	1	.0	150	.00	.00	.0	0
MARGARINE-----	100	.1	11.2	.1	3	.0	460	.00	.00	.0	0
OIL, SALAD DRESSING-----	108	.1	11.7	.9	2	*	20	*	*	*	*
LARD-----	238	*	26.4	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	65	*	7.3	*	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	448	.4	.8	113.9	25	.9	20	.01	.02	.1	2
SUGAR, SIRUP, JELLY, CANDY-----	388	.3	.8	98.5	23	.9	*	.01	.02	.1	*
OTHER SWEETS-----	5	*	*	1.3	2	*	20	*	*	*	2
ADDED VITAMIN C-----	54	.1	*	14.0	*	*	*	*	*	*	*
NO ADDED VITAMIN C-----											
OTHER FOOD-----	20	.2	.2	4.7	43	.7	*	*	.03	3.1	0
ALCOHOLIC BEVERAGE-----	2	*	.0	.1	*	.0	0	*	*	*	0
SOME NUTRITIVE VALUE-----	18	.2	.2	4.5	43	.7	*	*	.03	3.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

SOUTH

RURAL FARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,599	103.8	162.2	436.8	1,247	21.0	9,690	1.85	2.43	25.1	93
MILK, CREAM, CHEESE-----	350	18.5	19.1	26.7	606	.2	780	.15	.83	.5	5
MILK-----	267	15.1	13.7	21.3	514	*	560	.13	.74	.5	4
CREAM, ICE CREAM-----	46	1.1	2.6	4.8	35	*	100	.01	.05	*	*
CHEESE-----	33	2.2	2.6	.3	55	.1	110	*	.04	*	0
SOUP, MIXTURES-----	3	.1	.2	.3	3	*	10	*	*	*	*
MEAT, POULTRY, FISH-----	695	37.1	59.2	.7	35	5.0	960	.31	.48	8.2	1
BEEF-----	170	11.5	13.4	.0	7	1.7	20	.03	.09	2.2	0
BACON, SALT PORK-----	190	1.7	20.2	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	149	6.4	13.5	*	4	1.0	0	.16	.07	1.3	0
LIVER-----	5	.7	.1	.1	*	.4	640	.01	.10	.4	1
LUNCHMEAT, FRANKFURTERS-----	66	2.9	5.8	.3	2	.4	40	.04	.05	.6	0
OTHER MEAT-----	9	1.1	.5	*	1	.1	*	*	.01	.4	*
POULTRY-----	82	9.6	4.6	.0	6	.9	250	.03	.12	2.4	0
FISH, SHELLFISH-----	23	3.2	1.0	.1	14	.2	10	.01	.02	.6	*
OTHER PROTEIN FOOD-----	208	12.0	12.3	13.5	52	2.5	540	.14	.17	1.6	*
EGGS-----	71	5.6	5.0	.4	23	1.0	510	.04	.12	*	0
DRY LEGUMES-----	60	3.7	.4	10.5	20	1.2	10	.05	.03	.3	*
NUTS, PEANUT BUTTER-----	71	2.3	6.5	2.1	7	.3	10	.05	.01	1.2	*
SOUP, MIXTURES-----	6	.4	.3	.4	1	*	10	*	*	*	*
ALL VEGETABLES-----	216	7.1	1.5	46.6	118	2.9	6,410	.24	.21	3.0	57
POTATOES-----	73	1.9	.6	15.4	7	.5	*	.07	.03	1.3	10
DARK GREEN-----	9	.9	.1	1.7	55	.5	1,930	.03	.06	.3	13
DEEP YELLOW-----	55	.8	.2	12.7	16	.4	3,620	.04	.03	.3	8
TOMATOES-----	14	.5	.1	3.1	5	.3	400	.02	.02	.4	7
OTHER-----	62	2.9	.3	13.3	35	1.2	380	.08	.06	.7	13
SOUP, MIXTURES-----	3	.1	.1	.4	1	*	90	*	*	*	*
ALL FRUIT-----	97	.9	.3	24.8	19	.7	230	.07	.04	.5	28
CITRUS-----	23	.4	.1	5.7	11	.2	80	.04	.01	.2	21
OTHER VITAMIN C-RICH-----	3	*	*	.7	*	*	10	*	*	*	2
OTHER-----	71	.5	.2	18.4	8	.5	140	.03	.03	.3	5
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	880	23.3	5.6	180.4	307	7.5	30	.86	.59	7.6	*
FLOUR-----	319	8.6	1.0	67.1	176	2.6	*	.32	.22	2.8	0
CEREAL, PASTES-----	350	8.1	1.6	74.7	70	3.1	20	.36	.22	3.0	*
BREAD-----	163	5.3	1.9	30.5	51	1.5	*	.15	.13	1.5	0
OTHER BAKERY PRODUCTS-----	48	1.3	1.1	8.1	10	.3	10	.04	.03	.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	231	4.2	6.1	40.2	31	.6	70	.05	.04	.6	*
FLOUR-----	26	.4	.5	5.0	5	*	*	*	*	*	0
CEREAL, PASTES-----	66	1.5	.4	13.9	8	.2	*	.03	.01	.3	0
BREAD-----	1	*	*	.1	*	*	0	*	*	*	0
OTHER BAKERY PRODUCTS-----	118	1.8	4.3	18.4	15	.3	30	.01	.02	.2	*
SOUP, MIXTURES-----	21	.5	1.0	2.7	3	.1	40	.01	.01	.1	*
FATS, OILS-----	514	.2	57.2	.9	5	*	650	*	*	*	*
BUTTER-----	39	*	4.4	*	1	.0	180	.00	.00	.0	0
MARGARINE-----	98	.1	11.0	.1	3	.0	450	.00	.00	.0	0
OIL, SALAD DRESSING-----	89	.1	9.7	.8	1	*	20	*	*	*	*
LARD-----	209	.0	23.2	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	79	*	8.9	*	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	389	.4	.9	98.3	26	1.0	20	.02	.02	.1	2
SUGAR, SIRUP, JELLY, CANDY-----	345	.3	.9	87.1	24	1.0	*	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	3	*	*	.7	1	*	20	*	*	*	1
NO ADDED VITAMIN C-----	41	.1	*	10.5	1	*	*	*	*	*	*
OTHER FOOD-----	19	.1	.1	4.8	47	.6	*	*	.03	3.0	0
ALCOHOLIC BEVERAGE-----	1	*	.0	*	*	*	0	.00	*	*	0
SOME NUTRITIVE VALUE-----	18	.1	.1	4.7	47	.6	*	*	.03	3.0	0

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

SOUTH

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,584	104.1	162.3	433.3	1,264	21.5	8,280	1.84	2.46	24.9	91
MILK, CREAM, CHEESE-----	364	19.8	19.8	27.2	650	.2	810	.16	.89	.6	5
MILK-----	282	16.2	14.2	22.9	550	.1	580	.14	.79	.5	5
CREAM, ICE CREAM-----	38	.9	2.4	3.6	28	*	100	.01	.04	*	*
CHEESE-----	39	2.6	3.0	.4	68	.1	120	*	.05	*	0
SOUP, MIXTURES-----	4	.1	.2	.4	4	*	20	*	.01	*	*
MEAT, POULTRY, FISH-----	674	35.7	57.5	.7	32	5.1	880	.32	.48	7.9	1
BEEF-----	182	12.5	14.3	.0	7	1.9	20	.03	.10	2.4	0
BACON, SALT PORK-----	162	1.5	17.1	.1	2	.2	0	.03	.02	.3	0
OTHER PORK-----	179	7.5	16.3	.1	4	1.1	0	.19	.09	1.5	0
LIVER-----	5	.8	.2	.1	*	.6	600	.01	.10	.5	1
LUNCHMEAT, FRANKFURTERS-----	55	2.4	4.8	.3	1	.4	40	.03	.05	.5	0
OTHER MEAT-----	11	1.1	.7	*	1	.1	*	*	.01	.4	*
POULTRY-----	58	7.2	3.0	*	4	.7	210	.02	.10	1.7	0
FISH, SHELLFISH-----	22	2.7	1.1	.1	12	.2	10	.01	.02	.6	*
OTHER PROTEIN FOOD-----	211	13.0	11.0	15.7	57	2.8	600	.15	.19	1.4	*
EGGS-----	78	6.2	5.5	.4	26	1.1	570	.04	.14	*	0
DRY LEGUMES-----	75	4.8	.6	13.3	26	1.5	10	.08	.04	.4	*
NUTS, PEANUT BUTTER-----	52	1.7	4.7	1.6	5	.2	*	.03	.01	.9	*
SOUP, MIXTURES-----	5	.3	.2	.4	1	*	20	*	*	*	*
ALL VEGETABLES-----	203	6.7	1.5	43.7	94	2.8	4,950	.22	.18	2.9	48
POTATOES-----	76	1.9	.7	15.9	7	.6	0	.07	.03	1.4	11
DARK GREEN-----	6	.6	.1	1.1	34	.3	1,320	.02	.04	.2	11
DEEP YELLOW-----	40	.6	.2	9.3	12	.3	2,740	.03	.02	.2	6
TOMATOES-----	14	.5	.1	3.1	4	.3	400	.02	.02	.4	7
OTHER-----	65	2.9	.4	14.0	37	1.3	390	.08	.07	.7	14
SOUP, MIXTURES-----	3	.1	.1	.4	1	*	90	*	*	*	*
ALL FRUIT-----	110	1.0	.4	28.1	24	.8	300	.08	.05	.6	36
CITRUS-----	29	.5	.1	7.3	15	.2	110	.05	.02	.2	28
OTHER VITAMIN C-RICH-----	5	*	*	1.2	1	*	*	*	*	*	2
OTHER-----	76	.5	.2	19.7	8	.5	190	.03	.03	.4	6
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	853	22.9	5.6	174.2	300	7.3	30	.84	.57	7.3	*
FLOUR-----	327	8.9	.9	68.8	175	2.7	*	.32	.23	2.9	0
CEREAL, PASTES-----	325	7.8	1.8	68.5	67	2.9	30	.33	.20	2.7	*
BREAD-----	155	5.0	1.8	29.0	48	1.4	*	.14	.12	1.4	0
OTHER BAKERY PRODUCTS-----	47	1.2	1.1	7.9	9	.3	*	.04	.03	.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	229	4.1	6.1	39.9	32	.7	60	.05	.04	.6	*
FLOUR-----	27	.3	.7	5.0	9	.1	*	*	*	*	0
CEREAL, PASTES-----	69	1.5	.4	14.6	6	.2	*	.03	.01	.3	0
BREAD-----	3	.1	*	.5	1	*	0	*	*	*	0
OTHER BAKERY PRODUCTS-----	110	1.7	4.1	17.0	12	.3	20	.01	.02	.2	*
SOUP, MIXTURES-----	21	.5	.9	2.8	3	.1	30	*	.01	.1	*
FATS, OILS-----	531	.2	59.1	1.0	5	*	660	*	*	*	*
BUTTER-----	31	*	3.5	*	1	.0	140	.00	.00	.0	0
MARGARINE-----	108	.1	12.1	.1	3	.0	490	.00	.00	.0	0
OIL, SALAD DRESSING-----	101	.1	11.0	.8	1	*	20	*	*	*	*
LARD-----	202	*	22.4	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	89	*	10.0	.1	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	387	.5	1.1	97.1	25	1.1	10	.02	.02	.1	1
SUGAR, SIRUP, JELLY, CANDY-----	347	.4	1.1	87.1	24	1.1	10	.02	.02	.1	*
OTHER SWEETS-----											
ADDED VITAMIN C-----	2	*	*	.6	1	*	*	*	*	*	1
NO ADDED VITAMIN C-----	37	.1	*	9.4	*	*	*	*	*	*	*
OTHER FOOD-----	23	.2	.2	5.6	45	.8	*	*	.03	3.5	0
ALCOHOLIC BEVERAGE-----	1	*	.0	*	*	*	0	*	*	*	0
SOME NUTRITIVE VALUE-----	22	.2	.2	5.6	45	.8	*	*	.03	3.5	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

SOUTH

RURAL FARM

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	702	28.8	41.0	57.2	337	4.8	3,810	.41	.73	5.1	43
MILK, CREAM, CHEESE-----	134	7.1	7.6	9.8	234	*	310	.06	.34	.2	2
MILK-----	124	6.8	6.6	9.6	229	*	270	.06	.33	.2	2
CREAM, ICE CREAM-----	9	.1	.9	.2	4	*	40	*	.01	*	*
CHEESE-----	1	.2	.1	*	1	*	*	*	*	*	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
MEAT, POULTRY, FISH-----	209	12.2	17.3	.1	8	1.7	290	.11	.15	2.6	*
BEEF-----	74	5.0	5.8	*	3	.7	10	.01	.04	1.0	0
BACON, SALT PORK-----	39	.3	4.1	*	*	*	0	.01	*	.1	0
OTHER PORK-----	65	3.1	5.7	*	2	.5	0	.08	.03	.6	0
LIVER-----	2	.2	*	*	*	.2	200	*	.03	.1	*
LUNCHMEAT, FRANKFURTERS-----	*	*	*	*	*	*	10	*	*	*	0
OTHER MEAT-----	4	.5	.2	*	*	*	*	*	*	.2	*
POULTRY-----	21	2.3	1.2	*	1	.2	70	.01	.03	.6	0
FISH, SHELLFISH-----	5	.8	.2	*	1	*	*	*	*	.1	0
OTHER PROTEIN FOOD-----	56	3.8	3.6	2.0	16	.7	280	.04	.07	.2	*
EGGS-----	38	3.0	2.7	.2	13	.5	270	.02	.07	*	0
DRY LEGUMES-----	9	.6	*	1.5	2	.2	*	.01	*	*	*
NUTS, PEANUT BUTTER-----	9	.2	.9	.2	1	*	300	.01	*	.1	*
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*
ALL VEGETABLES-----	123	4.9	.6	26.8	68	1.9	2,600	.16	.14	1.8	34
POTATOES-----	36	1.0	.1	8.0	3	.3	*	.04	.02	.7	6
DARK GREEN-----	4	.4	.1	.7	23	.2	830	.01	.03	.1	8
DEEP YELLOW-----	17	.3	.1	4.0	5	.1	1,100	.01	.01	.1	3
TOMATOES-----	8	.4	.1	1.6	4	.2	300	.02	.01	.2	7
OTHER-----	58	2.9	.3	12.4	33	1.1	350	.08	.07	.7	11
SOUP, MIXTURES-----	*	*	*	*	*	*	10	*	*	*	*
ALL FRUIT-----	30	.3	.1	7.7	6	.3	250	.01	.02	.1	6
CITRUS-----	*	*	*	.1	*	*	*	*	*	*	*
OTHER VITAMIN C-RICH-----	4	*	*	1.0	1	*	90	*	*	*	3
OTHER-----	26	.2	.1	6.6	4	.2	160	.01	.01	.1	3
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	5	.1	*	1.0	2	*	*	*	*	*	0
FLOUR-----	2	.1	*	.5	1	*	0	*	*	*	0
CEREAL, PASTES-----	2	.1	*	.5	1	*	*	*	*	*	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
GRAIN, NOT ENRICHED OR WHOLE GRAIN---	15	.4	.2	3.1	1	.1	*	.01	*	.1	*
FLOUR-----	2	.1	*	.5	*	*	0	*	*	*	0
CEREAL, PASTES-----	12	.3	.1	2.5	1	.1	*	.01	*	.1	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOUP, MIXTURES-----	1	*	*	.1	*	*	*	*	*	*	*
FATS, OILS-----	104	*	11.6	*	1	.0	100	.00	.00	.0	0
BUTTER-----	22	*	2.5	*	1	.0	100	.00	.00	.0	0
MARGARIN-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OIL, SALAD DRESSING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
LARD-----	82	*	9.1	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	26	*	*	6.6	2	.1	*	*	*	*	*
SUGAR, SIRUP, JELLY, CANDY-----	26	*	*	6.6	2	.1	*	*	*	*	*
OTHER SWEETS---											
ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NO ADDED VITAMIN C-----	*	*	.0	*	*	.0	*	.00	*	*	*
OTHER FOOD-----	*	*	.0	*	*	*	0	.00	*	*	0
ALCOHOLIC BEVERAGE-----	*	*	.0	*	*	*	0	.00	*	*	0
SOME NUTRITIVE VALUE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

SOUTH

RURAL FARM

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA-MIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	674	27.7	43.4	44.4	308	4.4	2,470	.34	.66	4.4	28
MILK, CREAM, CHEESE-----	127	6.6	7.3	9.2	217	*	300	.06	.32	.2	2
MILK-----	114	6.3	6.1	8.8	211	*	250	.06	.31	.2	2
CREAM, ICE CREAM-----	12	.2	1.1	.3	5	*	50	*	*	*	*
CHEESE-----	1	.2	*	*	1	*	*	*	*	*	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
MEAT, POULTRY, FISH-----	236	13.5	19.7	.1	9	1.9	260	.14	.16	2.7	*
BEEF-----	83	5.5	6.6	*	3	.8	*	.01	.04	1.1	0
BACON, SALT PORK-----	46	.4	4.9	*	*	*	0	*	*	*	0
OTHER PORK-----	77	3.9	6.7	*	2	.6	0	.10	.04	.8	0
LIVER-----	2	.2	*	*	*	.2	180	*	.03	.1	*
LUNCHMEAT, FRANKFURTERS-----	*	*	*	*	*	*	*	*	*	*	0
OTHER MEAT-----	1	.1	*	*	*	*	*	*	*	*	*
POULTRY-----	19	2.0	1.2	*	1	.2	60	*	.03	.5	0
FISH, SHELLFISH-----	8	1.3	.2	*	2	*	*	*	*	.1	0
OTHER PROTEIN FOOD-----	52	3.8	3.5	1.1	16	.7	320	.03	.08	*	*
EGGS-----	44	3.5	3.1	.2	14	.6	320	.02	.08	*	0
DRY LEGUMES-----	4	.3	*	.7	1	*	*	*	*	*	*
NUTS, PEANUT BUTTER-----	4	.1	.4	.1	*	*	*	*	*	*	*
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*
ALL VEGETABLES-----	71	2.9	.4	15.7	48	1.3	1,420	.09	.08	1.1	20
POTATOES-----	23	.6	*	5.1	2	.2	*	.02	.01	.5	4
DARK GREEN-----	3	.3	*	.5	19	.2	740	.01	.02	*	6
DEEP YELLOW-----	4	*	*	1.0	1	*	250	*	*	*	*
TOMATOES-----	3	.1	*	.6	*	*	110	*	*	*	2
OTHER-----	38	1.7	.2	8.4	25	.8	320	.05	.04	.4	9
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*
ALL FRUIT-----	25	.2	*	6.3	5	.2	70	*	.01	.1	5
CITRUS-----	*	*	*	*	*	*	*	*	*	*	*
OTHER VITAMIN C-RICH-----	5	*	*	1.2	1	*	*	*	*	*	4
OTHER-----	20	.1	*	5.1	4	.1	60	*	*	*	2
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA-MIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
(1)	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	18	.4	*	3.7	8	.1	*	.02	.01	.2	0
FLOUR-----	9	.2	*	1.9	6	*	0	*	*	*	0
CEREAL, PASTES-----	9	.2	*	1.8	2	*	*	*	*	*	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	10	.2	*	2.0	1	*	*	*	*	*	*
FLOUR-----	1	*	*	.3	*	*	0	*	*	*	0
CEREAL, PASTES-----	8	.2	*	1.7	*	*	*	*	*	*	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*
FATS, OILS-----	110	*	12.3	*	*	.0	100	.00	.00	.0	0
BUTTER-----	23	*	2.5	*	*	.0	100	.00	.00	.0	0
MARGARINE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OIL, SALAD DRESSING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
LARD-----	88	*	9.7	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	25	*	*	6.4	4	.2	*	*	*	*	*
SUGAR, SIRUP, JELLY, CANDY-----	25	*	*	6.3	4	.2	*	*	*	*	*
OTHER SWEETS--											
ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NO ADDED VITAMIN C-----	*	*	.0	*	*	.0	*	.00	*	*	*
OTHER FOOD-----	*	*	.0	*	*	*	0	.00	*	*	0
ALCOHOLIC BEVERAGE-----	*	*	.0	*	*	*	0	.00	*	*	0
SOME NUTRITIVE VALUE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON

SOUTH

RURAL FARM

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

SOUTH

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	739	31.4	38.7	71.0	351	5.8	3,410	.51	.80	5.9	64
MILK, CREAM, CHEESE-----	131	7.1	7.3	9.7	230	*	290	.06	.34	.2	2
MILK-----	118	6.7	6.2	9.3	222	.0	250	.06	.32	.2	2
CREAM, ICE CREAM-----	10	.2	.9	.4	5	*	40	*	.01	*	*
CHEESE-----	3	.3	.1	.1	2	*	*	*	.01	*	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
MEAT, POULTRY, FISH-----	187	11.3	15.4	.1	7	1.5	270	.10	.14	2.4	*
BEEF-----	64	4.4	5.0	.0	3	.6	10	.01	.04	.8	0
BACON, SALT PORK-----	39	.3	4.1	*	*	*	0	.01	*	.1	0
OTHER PORK-----	53	2.6	4.6	*	2	.4	0	.07	.03	.5	0
LIVER-----	1	.2	*	*	*	.1	170	*	.03	.1	*
LUNCHMEAT, FRANKFURTERS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER MEAT-----	2	.3	.1	*	*	*	0	*	*	.1	0
POULTRY-----	23	2.7	1.3	*	2	.3	90	.01	.04	.7	0
FISH, SHELLFISH-----	5	.7	.2	.0	1	*	*	*	*	.1	0
OTHER PROTEIN FOOD-----	62	4.6	3.2	3.7	18	.9	310	.05	.08	.1	*
EGGS-----	42	3.3	3.0	.2	14	.6	300	.02	.07	*	0
DRY LEGUMES-----	19	1.2	.1	3.4	4	.3	*	.03	.01	.1	*
NUTS, PEANUT BUTTER-----	1	*	.1	*	*	*	*	*	*	*	*
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALL VEGETABLES-----	175	7.7	1.0	37.5	82	2.7	1,720	.26	.21	2.9	51
POTATOES-----	51	1.4	.1	11.3	5	.4	*	.05	.03	1.0	8
DARK GREEN-----	2	.1	*	.3	6	.1	240	.01	.01	*	4
DEEP YELLOW-----	3	.1	*	.8	1	*	240	*	*	*	*
TOMATOES-----	16	.8	.1	3.5	9	.4	650	.04	.03	.5	16
OTHER-----	103	5.3	.7	21.6	60	1.8	580	.16	.14	1.3	23
SOUP, MIXTURES-----	*	*	*	*	*	*	10	*	*	*	*
ALL FRUIT-----	46	.5	.2	11.6	10	.5	710	.03	.03	.3	10
CITRUS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER VITAMIN C-RICH-----	4	.1	*	1.1	2	*	280	*	*	.1	4
OTHER-----	42	.5	.2	10.5	9	.5	430	.03	.03	.2	7
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	3	.1	.1	.6	*	*	*	*	*	*	*
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	2	.1	*	.5	*	*	0	*	*	*	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOUP, MIXTURES-----	1	*	*	.1	*	*	*	*	*	*	*
FATS, OILS-----	104	*	11.6	*	1	.0	110	.00	.00	.0	0
BUTTER-----	25	*	2.8	*	1	.0	110	.00	.00	.0	0
MARGARINE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OIL, SALAD DRESSING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
LARD-----	80	*	8.8	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	30	*	*	7.8	2	.1	*	*	*	*	*
SUGAR, SIRUP, JELLY, CANDY-----	30	*	*	7.8	2	.1	*	*	*	*	*
OTHER SWEETS--											
ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NO ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER FOOD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALCOHOLIC BEVERAGE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOME NUTRITIVE VALUE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

SOUTH

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	661	27.0	36.8	57.9	352	4.3	5,530	.37	.70	4.9	43
MILK, CREAM, CHEESE-----	138	7.4	7.7	10.2	243	*	310	.07	.35	.2	2
MILK-----	131	7.2	7.1	10.0	240	.0	290	.06	.35	.2	2
CREAM, ICE CREAM-----	6	.1	.6	.1	3	*	30	*	*	*	*
CHEESE-----	1	.1	*	*	1	*	*	*	*	*	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
MEAT, POULTRY, FISH-----	176	11.0	14.3	.1	7	1.5	300	.08	.13	2.5	*
BEEF-----	73	4.9	5.8	.0	3	.7	10	.01	.04	.9	0
BACON, SALT PORK-----	28	.2	3.0	*	*	*	0	*	*	*	0
OTHER PORK-----	42	1.8	3.7	*	1	.3	0	.05	.02	.4	0
LIVER-----	2	.2	*	*	*	.2	210	*	.03	.1	*
LUNCHMEAT, FRANKFURTERS-----	*	*	*	*	*	*	10	*	*	*	0
OTHER MEAT-----	7	.7	.4	*	1	.1	*	*	*	.3	*
POULTRY-----	22	2.5	1.2	.0	2	.2	70	.01	.03	.6	0
FISH, SHELLFISH-----	3	.6	.1	*	1	*	*	*	*	.1	0
OTHER PROTEIN FOOD-----	55	3.1	4.2	1.4	13	.6	210	.04	.06	.3	*
EGGS-----	29	2.3	2.0	.2	10	.4	210	.02	.05	*	0
DRY LEGUMES-----	4	.2	*	.7	1	.1	*	*	*	*	0
NUTS, PEANUT BUTTER-----	23	.6	2.2	.6	2	.1	*	.02	*	.3	*
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALL VEGETABLES-----	133	4.7	.6	29.2	84	1.9	4,560	.16	.14	1.7	37
POTATOES-----	36	1.0	.1	8.1	3	.3	0	.04	.02	.7	6
DARK GREEN-----	7	.7	.1	1.3	46	.4	1,560	.03	.05	.2	15
DEEP YELLOW-----	41	.6	.1	9.5	12	.3	2,550	.03	.02	.2	6
TOMATOES-----	5	.2	*	1.1	2	.1	200	.01	.01	.2	4
OTHER-----	43	2.1	.2	9.2	21	.9	240	.06	.04	.4	6
SOUP, MIXTURES-----	*	*	*	*	*	*	10	*	*	*	*
ALL FRUIT-----	21	.1	.1	5.4	2	.1	50	.01	.01	.1	3
CITRUS-----	*	*	*	*	*	*	*	*	*	*	*
OTHER VITAMIN C-RICH-----	3	*	*	.7	*	*	10	*	*	*	2
OTHER-----	18	.1	.1	4.7	2	.1	40	.01	.01	.1	1
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	30	.7	.3	6.0	1	.1	*	.02	.01	.1	*
FLOUR-----	7	.2	*	1.4	*	*	0	*	*	*	0
CEREAL, PASTES-----	21	.5	.2	4.3	1	.1	*	.01	*	.1	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOUP, MIXTURES-----	2	*	.1	.3	*	*	*	*	*	*	*
FATS, OILS-----	86	*	9.6	*	1	.0	100	.00	.00	.0	0
BUTTER-----	22	*	2.4	*	1	.0	100	.00	.00	.0	0
MARGARINE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OIL, SALAD DRESSING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
LARD-----	65	.0	7.2	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	22	*	*	5.6	2	.1	*	*	*	*	*
SUGAR, SIRUP, JELLY, CANDY-----	22	*	*	5.6	2	.1	*	*	*	*	*
OTHER SWEETS--											
ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NO ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER FOOD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALCOHOLIC BEVERAGE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOME NUTRITIVE VALUE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

SOUTH

RURAL FARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	741	28.6	47.1	52.5	334	4.7	3,870	.39	.73	5.0	32
MILK, CREAM, CHEESE-----	144	7.6	8.2	10.5	251	*	330	.07	.37	.2	2
MILK-----	135	7.4	7.4	10.3	247	*	300	.07	.36	.2	2
CREAM, ICE CREAM-----	8	.1	.8	.2	4	*	30	*	.01	*	*
CHEESE-----	1	.1	*	*	1	*	*	*	*	*	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
MEAT, POULTRY, FISH-----	249	13.3	21.3	.1	8	2.0	340	.14	.18	3.0	*
BEEF-----	76	5.3	5.9	.0	3	.8	10	.01	.04	1.0	0
BACON, SALT PORK-----	45	.4	4.8	*	*	.1	0	.01	*	.1	0
OTHER PORK-----	98	4.3	8.8	*	2	.6	0	.11	.05	.9	0
LIVER-----	2	.4	.1	.1	*	.3	250	*	.05	.2	*
LUNCHMEAT, FRANKFURTERS-----	1	*	.1	*	*	*	20	*	*	*	0
OTHER MEAT-----	7	.8	.4	*	1	.1	*	*	.01	.3	*
POULTRY-----	18	1.8	1.1	*	1	.2	60	*	.02	.5	0
FISH, SHELLFISH-----	2	.3	.1	.0	1	*	*	*	*	*	0
OTHER PROTEIN FOOD-----	52	3.5	3.6	1.4	15	.7	270	.04	.07	.1	*
EGGS-----	36	2.9	2.6	.2	12	.5	260	.02	.06	*	0
DRY LEGUMES-----	6	.4	.1	1.0	2	.1	*	.01	*	*	*
NUTS, PEANUT BUTTER-----	10	.2	.9	.3	1	*	*	.01	*	.1	*
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALL VEGETABLES-----	102	3.6	.4	22.7	52	1.5	2,790	.12	.09	1.4	23
POTATOES-----	31	.8	*	6.9	3	.2	0	.03	.02	.6	5
DARK GREEN-----	4	.4	.1	.7	22	.2	830	.01	.02	.1	7
DEEP YELLOW-----	24	.4	.1	5.6	7	.2	1,530	.02	.01	.1	3
TOMATOES-----	5	.2	*	1.0	1	.1	190	.01	.01	.2	4
OTHER-----	39	1.7	.2	8.5	19	.8	240	.05	.04	.4	5
SOUP, MIXTURES-----	*	*	*	*	*	*	10	*	*	*	*
ALL FRUIT-----	27	.2	.1	7.0	4	.2	60	.01	.01	.1	6
CITRUS-----	2	*	*	.5	1	*	10	*	*	*	2
OTHER VITAMIN C-RICH-----	4	*	*	1.0	1	*	*	*	*	*	2
OTHER-----	21	.1	*	5.5	2	.1	60	*	.01	.1	2
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	20	.5	.2	4.0	1	.1	0	.01	*	.1	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	20	.5	.2	4.0	1	.1	0	.01	*	.1	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FATS, OILS-----	120	*	13.3	*	*	.0	80	.00	.00	.0	0
BUTTER-----	17	*	2.0	*	*	.0	80	.00	.00	.0	0
MARGARINE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OIL, SALAD DRESSING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
LARD-----	102	*	11.3	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SUGAR, SHEETS-----	26	*	*	6.8	3	.2	*	*	*	*	*
SUGAR, SIRUP, JELLY, CANDY-----	26	*	*	6.8	3	.2	*	*	*	*	*
OTHER SWEETS--											
ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NO ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER FOOD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALCOHOLIC BEVERAGE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOME NUTRITIVE VALUE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

ALL ORGANIZATIONS
ALL ORGANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,295	102.6	155.2	376.5	1,127	19.9	7.550	1.63	2.32	24.4	98	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.3	10.9	18.5	12.4	7.5	54.2	1.2	10.4	9.1	35.4	2.2	5.0
MILK-----	8.2	7.3	13.6	7.6	5.3	42.0	.2	6.3	7.5	29.2	1.7	4.1
CREAM, ICE CREAM-----	1.9	1.9	1.5	2.2	1.8	4.3	.2	1.7	.9	3.0	.2	.4
CHEESE-----	1.8	1.5	3.2	2.4	.1	7.2	.6	2.0	.3	2.6	.1	.0
SOUP, MIXTURES-----	.4	.2	.3	.2	.2	.7	.2	.4	.5	.6	.3	.4
MEAT, POULTRY, FISH-----	32.9	20.8	39.3	36.5	.2	3.0	27.5	14.0	20.0	22.1	35.2	.7
BEEF-----	12.7	7.0	15.4	11.7	*	.8	11.8	.3	2.6	5.5	12.3	.0
BACON, SALT PORK-----	2.7	4.4	1.6	9.8	*	.2	1.1	.0	1.9	.8	1.2	.0
OTHER PORK-----	6.5	4.2	6.4	7.9	*	.3	5.0	.0	10.5	3.1	5.3	.0
LIVER-----	.4	.1	.7	.1	*	*	1.7	9.9	.3	4.0	1.5	.6
LUNCHMEAT, FRANKFURTERS-----	2.8	2.1	3.1	3.9	.1	.2	2.5	.7	2.6	2.6	2.9	.0
OTHER MEAT-----	.8	.3	.9	.4	*	.1	.5	*	.2	.5	1.2	*
POULTRY-----	4.3	1.9	7.8	1.9	*	.5	3.8	2.7	1.2	4.8	8.0	*
FISH, SHELLFISH-----	2.7	.8	3.4	.7	*	.9	1.0	.3	.7	.7	2.9	*
OTHER PROTEIN FOOD-----	6.1	5.9	11.9	7.2	3.3	4.5	12.2	8.1	7.7	7.8	6.5	.4
EGGS-----	3.5	2.3	6.0	3.5	.1	2.3	5.5	7.4	2.7	5.8	.2	.0
DRY LEGUMES-----	.8	1.6	3.2	.3	2.5	1.6	5.2	.2	3.2	1.1	1.2	.2
NUTS, PEANUT BUTTER-----	1.0	1.6	1.9	3.0	.4	.5	.9	*	1.4	.5	4.5	*
SOUP, MIXTURES-----	.6	.3	.5	.3	.2	.1	.4	.4	.3	.3	.4	.1
ALL VEGETABLES-----	12.8	5.7	6.3	1.4	10.2	7.8	13.5	47.7	13.3	7.8	11.7	48.5
POTATOES-----	2.1	2.3	1.7	.8	4.0	.6	2.7	*	3.9	1.3	5.3	9.8
DARK GREEN-----	.9	.2	.5	*	.2	2.3	1.5	13.8	1.0	1.3	.5	9.5
DEEP YELLOW-----	.6	.5	.3	*	1.0	.5	.7	19.0	.7	.4	.4	2.3
TOMATOES-----	2.2	.6	.7	.1	1.1	.6	1.9	7.1	2.1	1.0	2.0	10.2
OTHER-----	6.6	2.0	3.0	.3	3.8	3.7	6.5	6.2	5.4	3.6	3.3	16.4
SOUP, MIXTURES-----	.4	.1	.2	.1	.2	.1	.2	1.6	.1	.1	.2	.3
ALL FRUIT-----	6.7	3.4	1.2	.3	7.5	2.2	4.5	8.3	5.6	2.5	2.7	41.2
CITRUS-----	2.1	1.0	.5	.1	2.2	1.2	1.1	1.5	3.3	.7	.9	31.6
OTHER VITAMIN C-RICH-----	.5	.1	.1	*	.2	.1	.2	2.4	.2	.1	.2	3.2
OTHER-----	4.1	2.3	.6	.2	5.1	.9	3.2	4.3	2.2	1.6	1.7	6.4
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

ALL URBANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.5	20.0	17.8	3.5	35.0	18.8	29.7	.2	40.5	19.4	23.5	.3
FLOUR-----	1.1	5.5	4.8	.4	10.0	7.6	7.4	*	10.8	5.4	6.5	.0
CEREAL, PASTES-----	2.5	6.8	5.4	.7	12.6	4.8	11.5	.2	15.7	6.0	8.3	.2
BREAD-----	2.9	6.0	6.3	1.5	9.9	5.4	9.2	*	11.2	6.6	7.3	.0
OTHER BAKERY PRODUCTS-----	.9	1.7	1.4	.9	2.4	1.0	1.7	.1	2.7	1.4	1.5	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.8	7.2	4.1	4.9	10.2	3.2	3.3	1.1	2.5	2.1	2.2	.3
FLOUR-----	.4	.8	.3	.4	1.3	.6	.3	*	.1	.2	.1	*
CEREAL, PASTES-----	.2	.7	.6	.1	1.4	.3	.5	*	.7	.2	.4	*
BREAD-----	.2	.2	.2	*	.4	.2	.2	*	.2	.1	.1	.0
OTHER BAKERY PRODUCTS-----	3.1	4.6	2.3	3.6	6.2	1.7	1.9	.5	1.0	1.3	1.0	*
SOUP, MIXTURES-----	1.0	.8	.6	.7	1.0	.4	.5	.5	.4	.4	.5	.2
FATS, OILS-----	3.6	13.9	.3	32.9	.3	.5	.2	9.5	.1	.2	*	*
BUTTER-----	.6	.9	*	2.1	*	.1	.0	1.8	.0	.0	.0	.0
MARGARINE-----	.9	3.7	.1	8.9	*	.3	.0	7.4	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	3.9	.1	9.1	.2	.2	.2	.3	.1	.2	*	*
LARD-----	.4	2.5	*	5.9	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	2.9	*	7.0	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.5	11.0	.6	.8	24.1	2.0	3.7	.5	1.0	.8	.6	3.7
SUGAR, SIRUP, JELLY, CANDY-----	3.4	9.1	.4	.8	19.8	1.7	3.6	.1	.9	.8	.5	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.3	.3	*	*	.6	.3	.1	.5	.1	*	*	3.2
NO ADDED VITAMIN C-----	2.8	1.6	.2	*	3.7	.1	.1	*	*	*	*	.2
OTHER FOOD-----	6.7	1.2	.2	.1	1.7	3.7	4.0	.2	.3	1.9	15.3	.0
ALCOHOLIC BEVERAGE-----	2.6	.5	.1	.0	.2	.1	*	.0	*	.3	.5	.0
SOME NUTRITIVE VALUE-----	3.3	.7	.1	.1	1.5	3.6	4.0	.2	.3	1.6	14.8	.0
NO NUTRITIVE VALUE-----	.8	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

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YEAR 1965-1966 BY FOOD GROUP

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TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

ALL URBANIZATIONS

FOOD GROUP #	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,314	103.3	158.0	373.8	1,130	19.8	6,910	1.62	2.33	24.0	93	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.4	11.0	18.6	12.2	7.7	54.7	1.2	11.3	9.2	35.7	2.2	5.2
MILK-----	8.1	7.2	13.5	7.3	5.4	42.2	.3	6.8	7.6	29.3	1.8	4.3
CREAM, ICE CREAM-----	2.1	2.1	1.6	2.3	2.0	4.6	.2	2.0	.9	3.2	.2	.5
CHEESE-----	1.9	1.5	3.2	2.4	.1	7.2	.6	2.2	.3	2.7	*	.0
SOUP, MIXTURES-----	.4	.2	.2	.2	.2	.6	.2	.3	.4	.5	.2	.4
MEAT, POULTRY, FISH-----	32.0	21.3	39.7	37.0	.3	3.0	27.9	15.4	21.2	22.2	35.5	.7
BEEF-----	12.3	7.1	15.4	11.7	*	.8	11.9	.4	2.6	5.6	12.6	.0
BACON, SALT PORK-----	2.5	4.7	1.7	10.3	*	.2	1.3	.0	2.1	.9	1.4	.0
OTHER PORK-----	6.4	4.4	6.9	8.1	*	.4	5.3	.0	11.3	3.3	5.7	.0
LIVER-----	.4	.1	.7	.1	*	*	1.6	11.1	.3	4.0	1.5	.7
LUNCHMEAT, FRANKFURTERS-----	2.8	2.2	3.2	4.0	.1	.2	2.6	.7	2.8	2.6	3.0	.0
OTHER MEAT-----	.7	.2	.7	.3	*	*	.5	*	.2	.5	.8	*
POULTRY-----	4.0	1.7	7.3	1.7	*	.4	3.6	2.9	1.1	4.6	7.5	*
FISH, SHELLFISH-----	3.0	.9	3.9	.7	*	1.0	1.0	.3	.9	.7	3.0	*
OTHER PROTEIN FOOD-----	6.0	5.9	12.3	6.8	3.4	4.7	12.7	9.4	7.6	8.1	6.3	.4
EGGS-----	3.5	2.5	6.4	3.7	.1	2.4	5.9	8.7	2.9	6.2	.2	.0
DRY LEGUMES-----	.8	1.7	3.4	.3	2.7	1.7	5.5	.2	3.3	1.1	1.3	.2
NUTS, PEANUT BUTTER-----	.9	1.4	1.7	2.5	.4	.4	.8	*	1.0	.4	4.2	*
SOUP, MIXTURES-----	.6	.3	.6	.3	.2	.1	.4	.4	.3	.3	.3	.1
ALL VEGETABLES-----	12.9	5.0	5.6	1.2	9.2	7.3	12.6	44.1	44.8	7.1	10.9	47.3
POTATOES-----	2.4	2.1	1.6	.7	3.7	.6	2.5	*	3.7	1.2	5.0	9.6
DARK GREEN-----	.8	.1	.4	*	.2	2.2	1.5	14.4	.9	1.3	.5	9.3
DEEP YELLOW-----	.5	.2	.1	*	.5	.3	.4	13.9	.4	.2	.3	1.1
TOMATOES-----	2.1	.5	.6	.1	1.0	.5	1.8	7.1	1.9	.9	1.8	9.6
OTHER-----	6.7	1.8	2.6	.3	3.5	3.6	6.2	7.1	4.8	3.4	3.1	17.4
SOUP, MIXTURES-----	.4	.1	.2	*	.1	*	.2	1.6	.1	.1	.2	.3
ALL FRUIT-----	6.7	3.1	1.1	.2	6.9	2.0	4.2	7.1	5.1	2.3	2.5	41.8
CITRUS-----	2.1	.9	.5	*	2.0	1.1	1.0	1.5	3.1	.7	.8	30.8
OTHER VITAMIN C-RICH-----	.8	.1	*	*	.3	.2	.4	2.1	.2	.2	.3	5.3
OTHER-----	3.8	2.0	.5	.1	4.6	.8	2.8	3.4	1.8	1.3	1.4	5.7
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

ALL URBANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.6	20.0	17.7	3.5	35.5	18.6	30.1	.3	41.3	19.5	24.2	.3
FLOUR-----	1.1	5.4	4.7	.4	10.0	7.3	7.3	*	10.8	5.3	6.5	.0
CEREAL, PASTES-----	2.6	7.0	5.5	.7	13.2	4.8	12.0	.2	16.6	6.3	8.9	.2
BREAD-----	2.9	5.9	6.2	1.5	9.9	5.4	9.1	*	11.2	6.5	7.3	.0
OTHER BAKERY PRODUCTS-----	.9	1.7	1.3	.9	2.5	1.0	1.7	*	2.6	1.4	1.5	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.8	7.1	4.0	4.8	10.2	3.2	3.3	1.1	2.4	2.1	2.1	.3
FLOUR-----	.4	.9	.4	.4	* 1.4	.7	.3	*	.2	.2	.2	*
CEREAL, PASTES-----	.2	.5	.4	*	1.0	.2	.4	*	.6	.1	.3	*
BREAD-----	.2	.2	.2	*	.4	.2	.2	*	.3	.1	.2	.0
OTHER BAKERY PRODUCTS-----	3.1	4.7	2.3	3.6	6.3	1.7	1.9	.6	1.0	1.3	1.0	*
SOUP, MIXTURES-----	.9	.8	.6	.7	1.0	.4	.5	.5	.4	.4	.4	.3
FATS, OILS-----	3.8	14.2	.3	33.2	.3	.6	.2	10.6	.1	.2	*	*
BUTTER-----	.6	.9	*	2.1	*	*	.0	2.0	.0	.0	.0	.0
MARGARINE-----	.9	3.8	*	8.8	*	.3	.0	8.2	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	4.1	.1	9.4	.2	.2	.2	.4	.1	.2	*	*
LARD-----	.4	2.7	*	6.2	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	2.8	*	6.7	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.9	11.2	.7	.9	24.8	2.2	3.8	.5	1.0	.9	.7	3.9
SUGAR, SIRUP, JELLY, CANDY-----	3.6	9.4	.4	.9	20.6	1.9	3.6	*	.9	.8	.6	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.4	.3	*	*	.6	.2	*	.4	.1	*	*	3.3
NO ADDED VITAMIN C-----	2.9	1.6	.2	*	3.6	*	*	*	*	*	*	.2
OTHER FOOD-----	7.0	1.1	.2	*	1.8	3.8	4.0	.2	.2	1.9	15.6	.0
ALCOHOLIC BEVERAGE-----	2.5	.5	*	.0	.2	.1	*	.0	*	.3	.5	.0
SOME NUTRITIVE VALUE-----	3.6	.7	.1	*	1.5	3.7	4.0	.2	.2	1.6	15.0	.0
NO NUTRITIVE VALUE-----	.9	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

ALL URBANIZATIONS

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,278	101.2	153.3	379.1	1,097	19.5	7,410	1.63	2.29	24.1	102	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.3	11.1	18.3	12.7	7.5	54.6	1.2	10.6	9.1	35.2	2.2	4.8
MILK-----	7.9	7.1	13.2	7.5	5.0	41.4	.2	6.3	7.3	28.4	1.7	3.9
CREAM, ICE CREAM-----	2.2	2.3	1.8	2.6	2.2	5.3	.2	1.9	1.0	3.6	.2	.5
CHEESE-----	1.7	1.4	3.1	2.3	.1	7.1	.6	2.0	.3	2.5	.1	.0
SOUP, MIXTURES-----	.4	.3	.3	.2	.2	.9	.3	.4	.5	.7	.3	.5
MEAT, POULTRY, FISH-----	32.2	20.7	39.1	36.6	.2	3.0	27.3	13.9	19.7	21.6	34.4	.5
BEEF-----	12.6	7.0	15.6	11.8	*	.8	12.1	.4	2.6	5.6	12.5	.0
BACON, SALT PORK-----	2.9	4.6	1.6	10.4	*	.2	1.2	.0	2.0	.9	1.3	.0
OTHER PORK-----	6.1	4.0	6.3	7.5	*	.3	4.9	.0	10.1	3.0	5.1	.0
LIVER-----	.3	.1	.5	.1	*	*	1.1	9.6	.2	3.3	1.2	.5
LUNCHMEAT, FRANKFURTERS-----	3.0	2.2	3.3	4.2	.1	.2	2.7	.9	2.9	2.8	3.1	.0
OTHER MEAT-----	.6	.2	.7	.3	*	*	.4	*	.2	.3	.8	*
POULTRY-----	4.0	1.7	7.6	1.6	*	.4	3.8	2.7	1.1	5.0	7.5	*
FISH, SHELLFISH-----	2.7	.8	3.4	.8	*	.9	.9	.3	.7	.7	3.0	*
OTHER PROTEIN FOOD-----	5.4	5.5	11.3	6.7	2.9	4.3	11.4	7.9	7.0	7.4	6.3	.3
EGGS-----	3.1	2.3	5.8	3.4	.1	2.3	5.4	7.3	2.6	5.7	.2	.0
DRY LEGUMES-----	.7	1.5	2.9	.3	2.2	1.4	4.7	.2	3.0	1.0	1.1	.2
NUTS, PEANUT BUTTER-----	.8	1.4	1.9	2.6	.4	.4	.8	*	1.1	.4	4.4	*
SOUP, MIXTURES-----	.5	.3	.5	.3	.2	.1	.4	.4	.3	.3	.4	.1
ALL VEGETABLES-----	14.5	6.2	7.5	1.6	10.9	8.1	15.0	39.1	15.9	8.9	13.1	51.9
POTATOES-----	2.3	2.3	1.7	.9	3.8	.6	2.7	*	3.9	1.3	5.3	9.2
DARK GREEN-----	.7	.1	.3	*	.2	1.4	1.0	8.6	.6	.8	.4	6.6
DEEP YELLOW-----	.4	.3	.2	*	.5	.3	.4	12.0	.4	.3	.3	1.1
TOMATOES-----	3.1	.7	.9	.2	1.4	.9	2.5	9.7	2.9	1.4	2.6	14.6
OTHER-----	7.7	2.6	4.3	.4	4.8	4.8	8.3	7.5	8.0	5.1	4.5	20.0
SOUP, MIXTURES-----	.3	.1	.1	.1	.1	.1	.2	1.4	.1	.1	.2	.3
ALL FRUIT-----	7.1	3.4	1.3	.3	7.4	2.2	5.5	17.5	5.7	3.0	3.4	38.0
CITRUS-----	1.7	.8	.4	.1	1.6	.7	.9	1.1	2.4	.5	.7	22.9
OTHER VITAMIN C-RICH-----	.7	.2	.1	*	.4	.2	.3	6.9	.4	.2	.4	5.3
OTHER-----	4.7	2.5	.8	.2	5.4	1.3	4.3	9.5	2.9	2.2	2.3	9.7
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

ALL URBANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.2	19.3	17.3	3.4	33.4	18.5	28.8	.3	39.1	19.0	23.0	.3
FLOUR-----	1.0	5.0	4.4	.4	9.0	7.2	6.8	*	9.8	4.9	5.9	.0
CEREAL, PASTES-----	2.4	6.5	5.1	.7	12.0	4.6	10.7	.2	15.0	5.8	8.1	.2
BREAD-----	2.9	6.2	6.5	1.6	10.0	5.7	9.6	*	11.6	6.8	7.5	.0
OTHER BAKERY PRODUCTS-----	.9	1.6	1.4	.8	2.4	1.0	1.7	.1	2.8	1.5	1.5	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.6	7.4	4.2	5.1	10.5	3.4	3.3	1.0	2.3	2.1	2.1	.2
FLOUR-----	.4	.8	.4	.4	1.3	.6	.2	*	.1	.2	.1	.0
CEREAL, PASTES-----	.2	.8	.6	.1	1.4	.3	.4	*	.6	.1	.4	.0
BREAD-----	.2	.2	.2	*	.4	.2	.2	*	.2	.1	.1	.0
OTHER BAKERY PRODUCTS-----	3.1	4.9	2.4	3.9	6.5	1.9	2.0	.6	1.1	1.4	1.1	*
SOUP, MIXTURES-----	.8	.8	.6	.6	.9	.4	.4	.4	.3	.3	.4	.2
FATS, OILS-----	3.5	13.8	.3	32.9	.3	.5	.2	9.1	.1	.2	*	*
BUTTER-----	.5	.8	*	1.9	*	.1	.0	1.6	.0	.0	.0	.0
MARGARINE-----	.8	3.5	.1	8.4	*	.3	.0	7.1	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	4.2	.1	9.9	.2	.2	.2	.4	.1	.2	*	*
LARD-----	.3	2.3	*	5.5	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	3.0	*	7.2	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.8	11.5	.6	.6	25.2	1.9	3.4	.4	.8	.8	.5	3.9
SUGAR, SIRUP, JELLY, CANDY-----	3.2	9.2	.3	.6	20.1	1.5	3.2	.1	.7	.7	.5	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.4	.4	*	*	.8	.3	.1	.3	.1	*	.1	3.3
NO ADDED VITAMIN C-----	3.2	1.9	.2	*	4.3	.1	.1	*	*	*	*	.2
OTHER FOOD-----	6.4	1.1	.2	.1	1.6	3.5	3.8	.2	.3	1.8	14.8	.0
ALCOHOLIC BEVERAGE-----	2.4	.5	.1	.0	.2	.1	*	.0	*	.3	.5	.0
SOME NUTRITIVE VALUE-----	3.2	.6	.1	.1	1.4	3.4	3.8	.2	.2	1.6	14.3	.0
NO NUTRITIVE VALUE-----	.8	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

ALL URBANIZATIONS

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,380	105.7	158.8	386.6	1,159	20.6	8,620	1.67	2.37	25.7	97	
PERCENT OF MONEY-VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.3	10.6	18.0	12.3	7.1	52.8	1.2	9.2	8.8	34.5	2.1	4.9
MILK-----	8.3	7.2	13.2	7.6	5.1	40.8	.2	5.6	7.3	28.6	1.7	4.2
CREAM, ICE CREAM-----	1.7	1.7	1.3	2.0	1.6	3.9	.1	1.4	.8	2.7	.1	.4
CHEESE-----	1.9	1.5	3.2	2.5	.1	7.5	.6	1.9	.3	2.7	.1	.0
SOUP, MIXTURES-----	.4	.2	.3	.2	.2	.7	.2	.3	.4	.5	.3	.4
MEAT, POULTRY, FISH-----	33.9	20.9	40.0	36.5	.3	3.1	27.7	14.0	19.7	23.0	36.2	.8
BEEF-----	12.8	6.9	15.0	11.6	*	.8	11.5	.3	2.5	5.4	11.8	.0
BACON, SALT PORK-----	2.7	4.1	1.4	9.1	*	.2	1.1	.0	1.8	.8	1.1	.0
OTHER PORK-----	6.3	4.2	6.1	7.9	*	.3	4.7	.0	10.0	3.0	4.9	.0
LIVER-----	.4	.2	.8	.1	*	*	2.2	10.3	.4	4.9	1.8	.8
LUNCHMEAT, FRANKFURTERS-----	2.8	2.1	3.0	3.9	.1	.2	2.4	.5	2.6	2.4	2.7	.0
OTHER MEAT-----	1.1	.4	1.3	.5	*	.1	.6	*	.3	.6	2.0	*
POULTRY-----	5.1	2.3	9.0	2.6	*	.5	4.3	2.6	1.5	5.2	9.2	*
FISH, SHELLFISH-----	2.7	.8	3.3	.8	.1	1.0	1.1	.2	.7	.7	2.7	*
OTHER PROTEIN FOOD-----	6.4	6.2	11.7	7.9	3.3	4.5	12.0	6.9	8.1	7.6	6.9	.4
EGGS-----	3.6	2.2	5.7	3.4	.1	2.2	5.2	6.4	2.5	5.6	.2	.0
DRY LEGUMES-----	.8	1.6	3.1	.3	2.4	1.6	5.1	.1	3.0	1.1	1.2	.2
NUTS, PEANUT BUTTER-----	1.4	2.1	2.3	4.0	.5	.7	1.2	*	2.2	.7	5.0	.1
SOUP, MIXTURES-----	.5	.3	.5	.3	.2	.1	.4	.3	.3	.3	.3	.1
ALL VEGETABLES-----	12.0	5.9	6.2	1.4	10.7	8.4	13.4	55.3	13.1	7.9	11.4	51.5
POTATOES-----	2.0	2.4	1.8	.8	4.2	.6	2.8	*	4.2	1.4	5.5	10.7
DARK GREEN-----	1.0	.2	.6	.1	.3	3.3	1.9	16.7	1.4	1.9	.7	13.4
DEEP YELLOW-----	1.0	.9	.5	.1	1.9	.9	1.1	27.1	1.3	.7	.7	4.6
TOMATOES-----	1.8	.5	.5	.1	1.0	.5	1.7	5.3	1.7	.8	1.7	8.3
OTHER-----	5.7	1.7	2.5	.2	3.2	3.1	5.6	4.6	4.4	2.9	2.7	14.1
SOUP, MIXTURES-----	.4	.1	.2	.1	.2	.1	.2	1.5	.1	.1	.2	.3
ALL FRUIT-----	6.4	3.4	1.1	.3	7.6	2.1	4.1	3.9	5.4	2.2	2.3	38.6
CITRUS-----	2.1	1.0	.5	.1	2.2	1.2	1.1	1.4	3.3	.7	.9	37.6
OTHER VITAMIN C-RICH-----	.2	*	*	*	.1	*	.1	.4	*	*	*	.9
OTHER-----	4.2	2.4	.5	.2	5.4	.8	2.9	2.1	2.1	1.4	1.4	5.2
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS

SOUTH

ALL URBANIZATIONS

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

ALL URBANIZATIONS

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.6	20.2	18.0	3.5	35.3	19.0	29.8	.2	40.7	19.6	23.0	.4
FLOUR-----	1.2	5.9	5.1	.4	10.7	8.2	7.8	*	11.6	5.8	6.8	.0
CEREAL, PASTES-----	2.5	6.7	5.4	.8	12.4	4.5	11.3	.2	15.3	5.8	7.8	.3
BREAD-----	3.0	6.1	6.3	1.5	9.9	5.5	9.2	*	11.4	6.7	7.2	.0
OTHER BAKERY PRODUCTS-----	.9	1.5	1.2	.8	2.2	.9	1.5	.1	2.4	1.3	1.3	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.9	7.3	4.2	4.9	10.5	3.3	3.5	1.2	2.8	2.2	2.3	.3
FLOUR-----	.4	.8	.3	.4	1.3	.6	.3	*	.2	.2	.1	*
CEREAL, PASTES-----	.3	1.0	.7	.2	1.8	.3	.6	*	.9	.2	.5	.0
BREAD-----	.2	.2	.2	*	.4	.2	.2	*	.2	.1	.1	.0
OTHER BAKERY PRODUCTS-----	3.0	4.5	2.2	3.5	6.0	1.7	1.8	.4	1.0	1.2	1.0	*
SOUP, MIXTURES-----	1.1	.9	.7	.8	1.1	.5	.6	.8	.5	.5	.6	.3
FATS, OILS-----	3.6	13.7	.2	32.4	.3	.5	.2	8.6	.1	.1	*	*
BUTTER-----	.6	.9	*	2.2	*	.1	.0	1.7	.0	.0	.0	.0
MARGARINE-----	.9	3.7	.1	8.9	*	.3	.0	6.6	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.0	3.3	.1	7.8	.2	.1	.2	.3	.1	.1	*	*
LARD-----	.4	2.9	*	6.9	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	2.8	*	6.6	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.3	10.6	.5	.8	23.3	2.1	3.9	.5	1.0	.9	.5	3.1
SUGAR, SIRUP, JELLY, CANDY-----	3.5	9.0	.4	.8	19.6	1.8	3.7	.1	.8	.8	.5	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.2	.2	*	*	.4	.2	.1	.4	.1	*	*	2.6
NO ADDED VITAMIN C-----	2.5	1.5	.2	*	3.3	.1	.1	*	*	*	*	.1
OTHER FOOD-----	6.6	1.1	.2	.1	1.7	4.1	4.2	.2	.3	1.9	15.2	.0
ALCOHOLIC BEVERAGE-----	2.5	.4	*	.0	.2	.1	*	.0	*	.2	.4	.0
SOME NUTRITIVE VALUE-----	3.3	.7	.1	.1	1.6	4.1	4.2	.2	.3	1.7	14.8	.0
NO NUTRITIVE VALUE-----	.8	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS

SOUTH

ALL URBANIZATIONS

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

ALL URBANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3.212	100.1	150.9	366.7	1,123	19.6	7,310	1.61	2.28	23.6	100	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.4	11.1	19.0	12.5	7.5	54.6	1.2	10.6	9.3	36.4	2.3	4.9
MILK-----	8.5	7.7	14.4	8.0	5.6	43.6	.3	6.7	7.9	30.7	1.9	4.2
CREAM, ICE CREAM-----	1.6	1.6	1.2	1.9	1.5	3.5	.1	1.5	.7	2.5	.1	.3
CHEESE-----	1.9	1.4	3.1	2.4	.1	6.9	.6	2.0	.3	2.6	.1	.0
SOUP, MIXTURES-----	.5	.3	.3	.2	.3	.7	.2	.4	.5	.6	.3	.4
MEAT, POULTRY, FISH-----	33.5	20.4	38.3	35.9	.2	2.9	27.2	12.6	19.5	21.6	34.7	.6
BEEF-----	13.1	7.0	15.5	11.7	.0	.8	11.8	.4	2.5	5.5	12.5	.0
BACON, SALT PORK-----	2.7	4.1	1.5	9.3	*	.2	1.1	.0	1.7	.8	1.1	.0
OTHER PORK-----	7.1	4.4	6.5	8.3	*	.3	5.0	.0	10.6	3.2	5.4	.0
LIVER-----	.4	.1	.7	.1	*	*	1.9	8.7	.3	4.0	1.6	.6
LUNCHMEAT, FRANKFURTERS-----	2.6	1.9	2.8	3.6	.1	.1	2.3	.8	2.4	2.4	2.6	.0
OTHER MEAT-----	.9	.3	.9	.4	*	.1	.5	*	.3	.6	1.1	*
POULTRY-----	4.1	1.8	7.4	1.8	*	.4	3.6	2.5	1.1	4.5	7.6	*
FISH, SHELLFISH-----	2.5	.7	3.0	.7	.1	.9	1.1	.2	.5	.6	2.7	*
OTHER PROTEIN FOOD-----	6.6	6.2	12.2	7.3	3.6	4.6	12.7	8.4	8.0	7.9	6.5	.4
EGGS-----	3.8	2.4	6.0	3.6	.1	2.3	5.5	7.6	2.7	5.9	.2	.0
DRY LEGUMES-----	.8	1.8	3.5	.3	2.8	1.7	5.7	.2	3.4	1.2	1.4	.2
NUTS, PEANUT BUTTER-----	1.1	1.6	1.8	3.0	.4	.5	.9	*	1.5	.5	4.2	*
SOUP, MIXTURES-----	.7	.3	.6	.4	.2	.1	.5	.5	.3	.3	.5	.1
ALL VEGETABLES-----	11.7	5.6	6.0	1.3	10.2	7.4	13.1	52.0	12.1	7.1	11.5	42.9
POTATOES-----	1.9	2.4	1.8	.7	4.1	.6	2.8	*	4.0	1.4	5.5	9.7
DARK GREEN-----	.9	.2	.5	.1	.3	2.5	1.5	15.6	1.0	1.4	.6	8.9
DEEP YELLOW-----	.7	.6	.3	*	1.2	.6	.7	22.1	.8	.5	.5	2.5
TOMATOES-----	1.8	.6	.6	.1	1.1	.5	1.8	6.3	1.8	.8	1.8	7.8
OTHER-----	6.0	1.8	2.6	.2	3.4	3.1	5.9	5.7	4.3	2.9	2.8	13.6
SOUP, MIXTURES-----	.5	.2	.2	.1	.2	.1	.3	2.2	.2	.1	.3	.3
ALL FRUIT-----	6.8	3.6	1.2	.3	8.0	2.5	4.2	4.3	6.3	2.4	2.7	46.7
CITRUS-----	2.8	1.4	.7	.1	2.9	1.7	1.5	2.1	4.5	1.0	1.2	41.1
OTHER VITAMIN C-RICH-----	.2	.1	*	*	.1	*	.1	.1	*	.1	*	1.1
OTHER-----	3.8	2.2	.5	.2	5.0	.7	2.7	2.0	1.8	1.3	1.4	4.5
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

ALL URBANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.6	20.4	18.2	3.6	35.8	19.0	30.2	.2	41.0	19.6	24.0	.3
FLOUR-----	1.2	5.8	5.0	.4	10.6	7.7	7.7	*	11.3	5.6	6.8	.0
CEREAL, PASTES-----	2.6	7.0	5.7	.8	13.0	5.2	12.0	.1	16.1	6.2	8.5	.2
BREAD-----	2.9	5.8	6.1	1.5	9.5	5.2	8.8	*	10.7	6.3	7.1	.0
OTHER BAKERY PRODUCTS-----	1.0	1.8	1.4	.9	2.6	1.0	1.8	*	2.9	1.5	1.6	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.8	6.9	3.9	4.8	9.8	3.0	3.2	1.0	2.4	2.0	2.2	.3
FLOUR-----	.3	.7	.2	.4	1.1	.6	.2	*	.1	.2	.1	.0
CEREAL, PASTES-----	.2	.7	.5	.1	1.2	.2	.4	*	.7	.2	.4	.0
BREAD-----	.2	.2	.2	*	.4	.2	.2	*	.2	.1	.1	.0
OTHER BAKERY PRODUCTS-----	3.0	4.5	2.3	3.6	6.1	1.6	1.8	.4	1.0	1.2	1.1	*
SOUP, MIXTURES-----	1.0	.8	.7	.6	1.0	.4	.5	.5	.4	.4	.5	.2
FATS, OILS-----	3.7	14.0	.3	33.2	.3	.6	.2	10.1	.1	.2	*	*
BUTTER-----	.6	.9	*	2.2	*	.1	.0	1.8	.0	.0	.0	.0
MARGARINE-----	1.0	4.0	.1	9.5	*	.3	.0	8.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	4.0	.1	9.4	.2	.2	.2	.3	.1	.2	*	*
LARD-----	.3	2.1	*	4.9	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	3.1	*	7.3	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.0	10.5	.7	.9	22.8	2.1	3.9	.7	1.1	.9	.7	3.9
SUGAR, SIRUP, JELLY, CANDY-----	3.3	8.7	.4	.8	18.9	1.7	3.7	.1	1.0	.8	.6	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.3	.2	*	*	.5	.3	.1	.7	.1	*	*	3.5
NO ADDED VITAMIN C-----	2.4	1.6	.2	*	3.5	.1	.1	*	*	*	*	.1
OTHER FOOD-----	7.0	1.3	.2	.1	1.9	3.4	4.2	.2	.3	1.9	15.5	.0
ALCOHOLIC BEVERAGE-----	3.1	.6	.1	.0	.2	.1	*	.0	*	.2	.5	.0
SOME NUTRITIVE VALUE-----	3.2	.7	.2	.1	1.6	3.3	4.2	.2	.3	1.7	15.0	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

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TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

URBAN

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,162	101.6	152.0	350.8	1,074	19.1	7,640	1.54	2.27	23.9	101	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.1	11.5	18.6	12.8	8.1	56.6	1.3	10.4	9.6	35.9	2.3	4.9
MILK-----	7.8	7.5	13.4	7.7	5.5	43.2	.2	6.1	7.8	29.2	1.7	3.9
CREAM, ICE CREAM-----	1.9	2.1	1.5	2.4	2.1	4.7	.2	1.7	1.0	3.2	.2	.4
CHEESE-----	1.9	1.6	3.3	2.5	.1	7.8	.6	2.0	.3	2.8	.1	.0
SOUP, MIXTURES-----	.5	.3	.4	.3	.3	.9	.3	.5	.6	.7	.3	.5
MEAT, POULTRY, FISH-----	33.9	22.0	41.5	37.4	.3	3.2	29.8	15.7	21.7	23.6	37.4	.7
BEEF-----	13.7	8.0	16.9	13.1	*	.9	13.4	.4	2.9	6.1	13.7	.0
BACON, SALT PORK-----	2.5	4.2	1.5	9.1	*	.2	1.2	.0	1.9	.8	1.2	.0
OTHER PORK-----	6.4	4.3	6.6	7.8	*	.4	5.2	.0	11.3	3.2	5.4	.0
LIVER-----	.4	.2	.7	.1	*	*	1.7	11.5	.3	4.4	1.6	.7
LUNCHMEAT, FRANKFURTERS-----	2.8	2.2	3.2	4.0	.1	.2	2.7	.9	2.9	2.8	3.0	.0
OTHER MEAT-----	.9	.3	.9	.5	*	.1	.6	*	.3	.6	1.1	*
POULTRY-----	4.3	1.9	8.0	1.9	*	.5	4.0	2.6	1.3	4.9	8.2	*
FISH, SHELLFISH-----	2.9	.9	3.7	.8	.1	1.0	1.1	.3	.8	.7	3.2	*
OTHER PROTEIN FOOD-----	6.0	6.0	11.6	7.3	3.2	4.6	11.9	8.1	7.6	7.8	6.4	.4
EGGS-----	3.5	2.5	6.0	3.6	.1	2.4	5.7	7.3	2.8	6.0	.2	.0
DRY LEGUMES-----	.7	1.5	2.8	.3	2.3	1.5	4.6	.2	2.8	.9	1.1	.2
NUTS, PEANUT BUTTER-----	1.0	1.6	1.9	3.0	.4	.5	1.0	*	1.4	.5	4.4	*
SOUP, MIXTURES-----	.6	.4	.6	.4	.3	.2	.5	.5	.4	.3	.5	.1
ALL VEGETABLES-----	12.1	5.7	6.0	1.5	10.4	7.7	13.6	45.6	13.3	7.6	11.5	44.8
POTATOES-----	2.1	2.3	1.7	.9	4.0	.6	2.7	*	4.0	1.3	5.1	9.0
DARK GREEN-----	.8	.2	.5	*	.2	2.3	1.5	13.2	1.0	1.3	.5	8.8
DEEP YELLOW-----	.6	.4	.2	*	.9	.5	.6	17.5	.7	.4	.4	1.8
TOMATOES-----	2.1	.6	.7	.2	1.2	.6	2.1	7.0	2.2	1.0	2.0	9.6
OTHER-----	6.1	1.9	2.8	.3	3.8	3.6	6.4	6.0	5.4	3.5	3.2	15.3
SOUP, MIXTURES-----	.4	.2	.2	.1	.2	.1	.2	1.8	.2	.1	.3	.3
ALL FRUIT-----	6.8	3.7	1.2	.3	8.4	2.5	4.9	8.3	6.5	2.6	3.0	44.2
CITRUS-----	2.3	1.2	.6	.1	2.7	1.4	1.3	1.7	4.0	.8	1.1	35.4
OTHER VITAMIN C-RICH-----	.4	.1	.1	*	.2	.1	.2	2.5	.2	.1	.2	2.8
OTHER-----	4.1	2.4	.6	.2	5.5	.9	3.4	4.1	2.3	1.6	1.7	6.0
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

URBAN

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.0	17.9	15.7	3.4	31.9	15.4	27.0	.2	37.3	17.1	20.7	.3
FLOUR-----	.8	3.8	3.2	.3	7.2	4.4	5.1	*	7.6	3.7	4.3	.0
CEREAL, PASTES-----	2.3	5.8	4.5	.6	11.1	4.0	10.2	.1	14.4	5.0	7.1	.2
BREAD-----	3.0	6.5	6.6	1.6	11.0	5.9	9.9	*	12.4	7.0	7.7	.0
OTHER BAKERY PRODUCTS-----	1.0	1.8	1.4	.9	2.7	1.0	1.8	.1	2.9	1.5	1.6	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.0	7.7	4.2	5.2	11.1	3.6	3.5	1.2	2.6	2.3	2.3	.3
FLOUR-----	.3	.8	.3	.4	1.3	.6	.2	*	.1	.2	.1	*
CEREAL, PASTES-----	.2	.6	.4	.1	1.1	.3	.4	*	.5	.1	.3	.0
BREAD-----	.2	.3	.3	*	.5	.3	.3	*	.3	.1	.2	.0
OTHER BAKERY PRODUCTS-----	3.2	5.0	2.4	3.9	6.9	2.0	2.0	.5	1.2	1.4	1.1	*
SOUP, MIXTURES-----	1.1	.9	.7	.8	1.2	.5	.6	.6	.5	.4	.5	.2
FATS, OILS-----	3.5	13.4	.3	31.2	.3	.6	.2	9.7	.1	.2	*	*
BUTTER-----	.6	1.0	*	2.2	*	.1	.0	1.8	.0	.0	.0	.0
MARGARINE-----	.9	4.0	.1	9.4	*	.3	.0	7.6	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	4.2	.1	9.6	.3	.2	.2	.3	.1	.2	*	*
LARD-----	.2	1.2	*	2.7	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	3.1	*	7.3	.1	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.4	10.8	.7	.8	24.3	2.0	3.3	.6	1.0	.8	.6	4.4
SUGAR, SIRUP, JELLY, CANDY-----	3.1	8.6	.4	.8	19.3	1.6	3.1	.1	.8	.7	.5	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.4	.3	*	*	.8	.3	.1	.5	.2	*	*	3.9
NO ADDED VITAMIN C-----	2.9	1.8	.2	*	4.2	.1	.1	*	*	.1	*	.2
OTHER FOOD-----	7.2	1.4	.2	.1	2.0	3.8	4.3	.2	.3	2.1	15.9	.0
ALCOHOLIC BEVERAGE-----	3.1	.6	.1	.0	.3	.1	*	.0	*	.4	.7	.0
SOME NUTRITIVE VALUE-----	3.3	.7	.1	.1	1.7	3.6	4.3	.2	.3	1.7	15.3	.0
NO NUTRITIVE VALUE-----	.9	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

URBAN

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,212	103.7	155.7	352.6	1,088	19.4	7,420	1.57	2.32	24.2	99	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	11.9	11.4	18.5	12.4	8.2	56.7	1.3	10.6	9.6	35.6	2.2	4.9
MILK-----	7.7	7.4	13.3	7.3	5.6	43.1	.3	6.2	7.8	28.9	1.7	4.0
CREAM, ICE CREAM-----	2.0	2.2	1.6	2.4	2.2	5.0	.2	1.8	1.0	3.3	.2	.4
CHEESE-----	1.9	1.6	3.4	2.5	.1	7.8	.6	2.2	.3	2.8	*	.0
SOUP, MIXTURES-----	.4	.2	.3	.2	.2	.8	.2	.4	.5	.6	.3	.5
MEAT, POULTRY, FISH-----	33.0	22.5	41.9	38.0	.3	3.2	30.1	17.6	22.8	23.9	37.5	.8
BEEF-----	13.3	8.0	16.8	13.1	*	.9	13.3	.4	2.9	6.1	13.7	.0
BACON, SALT PORK-----	2.3	4.5	1.6	9.7	*	.2	1.2	.0	2.1	.9	1.3	.0
OTHER PORK-----	6.3	4.5	7.1	8.1	*	.4	5.6	.0	12.1	3.4	5.9	.0
LIVER-----	.4	.2	.8	.1	*	*	1.7	13.3	.4	4.7	1.7	.7
LUNCHMEAT, FRANKFURTERS-----	2.8	2.3	3.3	4.2	.1	.2	2.7	.8	2.9	2.8	3.1	.0
OTHER MEAT-----	.8	.3	.8	.3	*	*	.6	*	.3	.6	.9	*
POULTRY-----	4.0	1.8	7.5	1.7	*	.4	3.8	2.7	1.1	4.8	7.7	*
FISH, SHELLFISH-----	3.1	.9	4.0	.8	*	.9	1.1	.4	.9	.8	3.2	*
OTHER PROTEIN FOOD-----	6.0	5.9	11.8	6.9	3.2	4.7	12.1	8.8	7.4	8.0	6.1	.4
EGGS-----	3.4	2.6	6.3	3.7	.1	2.5	6.0	8.0	3.0	6.2	.2	.0
DRY LEGUMES-----	.7	1.5	2.8	.3	2.4	1.5	4.7	.2	2.9	1.0	1.1	.2
NUTS, PEANUT BUTTER-----	.8	1.4	1.7	2.5	.4	.4	.8	*	1.0	.4	4.1	*
SOUP, MIXTURES-----	.6	.3	.7	.4	.2	.1	.4	.4	.3	.3	.4	.1
ALL VEGETABLES-----	12.5	5.2	5.6	1.4	9.6	7.5	13.0	43.3	12.3	7.2	10.8	44.6
POTATOES-----	2.2	2.2	1.5	.8	3.8	.6	2.5	*	3.7	1.2	4.8	8.5
DARK GREEN-----	.9	.2	.5	*	.2	2.2	1.5	13.5	1.0	1.3	.5	9.1
DEEP YELLOW-----	.5	.3	.2	*	.5	.4	.5	14.5	.4	.3	.3	1.0
TOMATOES-----	2.2	.6	.6	.1	1.2	.6	2.0	7.1	2.1	.9	2.0	9.7
OTHER-----	6.3	1.9	2.6	.3	3.7	3.7	6.3	6.6	5.0	3.4	3.1	16.0
SOUP, MIXTURES-----	.4	.1	.2	.1	.2	.1	.2	1.6	.1	.1	.2	.4
ALL FRUIT-----	6.7	3.4	1.1	.2	7.8	2.3	4.5	7.2	5.9	2.4	2.7	43.9
CITRUS-----	2.3	1.1	.6	*	2.5	1.3	1.2	1.7	3.8	.8	1.0	34.3
OTHER VITAMIN C-RICH-----	.6	.1	*	*	.3	.1	.3	2.2	.2	.2	.2	4.2
OTHER-----	3.7	2.1	.5	.1	5.0	.8	3.0	3.3	2.0	1.4	1.5	5.4
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

URBAN

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.2	18.1	15.7	3.4	32.6	15.6	27.8	.3	38.0	17.4	21.4	.4
FLOUR-----	.8	3.8	3.2	.3	7.2	4.4	5.0	*	7.6	3.6	4.3	.0
CEREAL, PASTES-----	2.4	6.0	4.7	.6	11.7	4.2	11.2	.2	15.5	5.4	7.9	.3
BREAD-----	2.9	6.4	6.4	1.5	10.9	5.8	9.7	*	12.1	6.8	7.6	.0
OTHER BAKERY PRODUCTS-----	1.0	1.9	1.4	1.0	2.8	1.1	1.8	*	2.9	1.5	1.5	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN-----	5.1	7.7	4.2	5.3	11.2	3.5	3.5	1.1	2.6	2.3	2.2	.4
FLOUR-----	.4	.9	.4	.4	1.5	.7	.2	*	.2	.2	.1	.0
CEREAL, PASTES-----	.2	.5	.4	*	.9	.1	.3	*	.5	.1	.3	.0
BREAD-----	.2	.3	.3	*	.6	.3	.3	*	.3	.2	.2	.0
OTHER BAKERY PRODUCTS-----	3.3	5.1	2.4	3.9	7.1	1.9	2.0	.6	1.2	1.4	1.1	*
SOUP, MIXTURES-----	1.0	.9	.7	.8	1.2	.5	.6	.5	.5	.4	.5	.3
FATS, OILS-----	3.6	13.6	.3	31.3	.4	.6	.3	10.3	.1	.2	*	*
BUTTER-----	.6	.9	*	2.1	*	*	.0	1.8	.0	.0	.0	.0
MARGARINE-----	.9	4.1	.1	9.5	*	.3	.0	8.1	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.3	4.3	.1	9.8	.3	.2	.3	.4	.1	.2	*	*
LARD-----	.2	1.4	*	3.1	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	2.9	*	6.8	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.6	10.9	.7	.9	24.7	2.1	3.3	.6	1.0	.8	.7	4.6
SUGAR, SIRUP, JELLY, CANDY-----	3.2	8.8	.4	.9	19.8	1.8	3.1	*	.8	.8	.6	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.4	.4	*	*	.8	.3	.1	.5	.2	*	*	4.1
NO ADDED VITAMIN C-----	3.0	1.7	.3	*	4.1	.1	.1	*	*	*	*	.2
OTHER FOOD-----	7.4	1.3	.2	*	2.0	3.8	4.3	.2	.3	2.1	16.4	.0
ALCOHOLIC BEVERAGE-----	2.9	.6	*	.0	.3	.1	*	.0	*	.4	.7	.0
SOME NUTRITIVE VALUE-----	3.6	.7	*	*	1.7	3.7	4.3	.2	.3	1.7	15.7	.0
NO NUTRITIVE VALUE-----	1.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

URBAN

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
* ALL FOOD GROUPS, AVERAGE AMOUNT-----	3.105	99.2	149.1	346.2	1,036	18.4	7,520	1.51	2.21	23.5	100	
PERCENT OF MONEY-VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.2	11.6	18.4	13.1	8.2	56.7	1.4	10.6	9.7	35.7	2.3	5.0
MILK-----	7.5	7.2	12.9	7.4	5.2	41.9	.2	5.9	7.5	28.2	1.7	3.8
CREAM, ICE CREAM-----	2.3	2.6	1.9	2.9	2.5	5.8	.2	2.1	1.2	3.9	.2	.5
CHEESE-----	1.8	1.6	3.3	2.5	.1	7.9	.6	2.0	.3	2.7	.1	.0
SOUP, MIXTURES-----	.5	.4	.4	.3	.3	1.2	.4	.6	.7	.9	.4	.7
MEAT, POULTRY, FISH-----	33.9	22.3	41.9	37.9	.3	3.3	30.3	15.1	22.1	23.4	37.3	.6
BEEF-----	14.0	8.2	17.3	13.5	*	1.0	13.9	.4	3.0	6.3	14.0	.0
BACON, SALT PORK-----	2.7	4.3	1.6	9.5	.1	.2	1.2	.0	2.0	.9	1.2	.0
OTHER PORK-----	6.2	4.2	6.7	7.6	*	.4	5.3	.0	11.5	3.2	5.4	.0
LIVER-----	.4	.1	.6	.1	*	*	1.4	10.8	.3	3.9	1.4	.6
LUNCHMEAT, FRANKFURTERS-----	3.0	2.4	3.5	4.3	.1	.2	3.0	1.0	3.2	3.0	3.3	.0
OTHER MEAT-----	.9	.3	.9	.5	*	.1	.6	*	.3	.5	1.0	*
POULTRY-----	3.9	1.7	7.5	1.6	*	.5	3.9	2.5	1.1	4.9	7.5	*
FISH, SHELLFISH-----	2.9	.9	3.8	.9	*	1.1	1.1	.4	.7	.7	3.5	*
OTHER PROTEIN FOOD-----	5.3	5.6	11.0	6.8	2.9	4.3	11.3	7.8	6.9	7.5	6.2	.3
EGGS-----	3.1	2.4	5.9	3.5	.1	2.4	5.6	7.1	2.8	5.8	.2	.0
DRY LEGUMES-----	.6	1.3	2.5	.3	2.0	1.3	4.2	.2	2.7	.8	1.0	.2
NUTS, PEANUT BUTTER-----	.7	1.4	1.8	2.6	.4	.5	.9	*	1.0	.4	4.4	*
SOUP, MIXTURES-----	.6	.4	.6	.4	.3	.1	.5	.5	.4	.3	.5	.1
ALL VEGETABLES-----	12.8	6.0	6.7	1.6	10.9	7.8	14.4	38.5	15.2	8.4	12.4	47.0
POTATOES-----	2.2	2.4	1.7	1.0	4.0	.6	2.7	*	4.0	1.3	5.2	8.9
DARK GREEN-----	.7	.1	.4	*	.2	1.6	1.1	9.2	.7	1.0	.4	6.8
DEEP YELLOW-----	.4	.3	.2	*	.6	.3	.5	12.6	.4	.3	.3	1.1
TOMATOES-----	2.6	.7	.8	.2	1.4	.8	2.4	8.6	2.8	1.3	2.4	12.9
OTHER-----	6.6	2.4	3.5	.3	4.5	4.2	7.4	6.5	7.2	4.5	3.9	17.0
SOUP, MIXTURES-----	.3	.1	.2	.1	.2	.1	.2	1.5	.1	.1	.2	.3
ALL FRUIT-----	7.1	3.7	1.4	.3	8.3	2.5	5.9	16.8	6.4	3.1	3.7	41.7
CITRUS-----	1.9	1.0	.5	.1	2.1	.9	1.0	1.3	3.0	.6	.8	27.2
OTHER VITAMIN C-RICH-----	.6	.2	.1	*	.4	.2	.4	6.9	.4	.2	.4	5.3
OTHER-----	4.6	2.5	.8	.2	5.8	1.3	4.5	8.6	3.0	2.2	2.4	9.1
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

SUMMER 1965 BY FOOD GROUP

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

URBAN

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.6	17.1	15.1	3.3	30.4	15.3	25.7	.2	35.7	16.5	19.7	.3
FLOUR-----	.7	3.4	2.8	.3	6.3	4.2	4.5	*	6.7	3.2	3.8	.0
CEREAL, PASTES-----	2.2	5.5	4.2	.6	10.5	4.0	9.3	.1	13.6	4.7	6.6	.3
BREAD-----	2.9	6.6	6.7	1.6	11.0	6.1	10.2	*	12.6	7.1	7.8	.0
OTHER BAKERY PRODUCTS-----	.9	1.7	1.4	.8	2.6	1.0	1.8	.1	2.9	1.5	1.5	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.8	8.0	4.4	5.4	11.6	3.9	3.6	1.1	2.7	2.4	2.3	.2
FLOUR-----	.3	.8	.4	.4	1.4	.6	.2	*	.1	.2	.1	.0
CEREAL, PASTES-----	.2	.7	.5	.1	1.3	.4	.4	*	.6	.1	.4	.0
BREAD-----	.2	.3	.3	*	.5	.3	.3	.0	.3	.1	.2	.0
OTHER BAKERY PRODUCTS-----	3.2	5.3	2.6	4.1	7.3	2.2	2.1	.6	1.3	1.5	1.2	*
SOUP, MIXTURES-----	.9	.9	.7	.7	1.1	.4	.5	.4	.4	.4	.5	.2
FATS, OILS-----	3.3	13.3	.3	30.8	.3	.6	.3	9.3	.1	.2	*	*
BUTTER-----	.6	.9	*	2.2	*	.1	.0	1.8	.0	.0	.0	.0
MARGARINE-----	.8	3.7	.1	8.8	*	.3	.0	7.1	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	4.5	.1	10.2	.3	.2	.3	.4	.1	.2	*	*
LARD-----	.1	.8	*	2.0	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	3.3	*	7.7	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.7	11.1	.6	.6	25.3	1.9	3.0	.5	.8	.7	.5	4.8
SUGAR, SIRUP, JELLY, CANDY-----	2.9	8.6	.3	.6	19.3	1.3	2.8	.1	.7	.6	.4	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.5	.5	*	*	1.1	.4	.1	.4	.2	.1	.1	4.3
NO ADDED VITAMIN C-----	3.3	2.1	.2	*	4.9	.1	.1	*	*	.1	*	.2
OTHER FOOD-----	7.2	1.4	.2	.1	1.9	3.7	4.1	.2	.3	2.1	15.4	.0
ALCOHOLIC BEVERAGE-----	3.2	.7	.1	.0	.4	.2	*	.0	*	.4	.7	.0
SOME NUTRITIVE VALUE-----	3.1	.7	.1	.1	1.6	3.6	4.1	.2	.3	1.7	14.7	.0
NO NUTRITIVE VALUE-----	.9	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS

SOUTH

URBAN

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,279	105.5	157.4	363.7	1,104	19.9	8,600	1.59	2.35	25.2	101	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	11.9	11.1	18.2	12.6	7.6	55.8	1.4	9.4	9.3	34.8	2.2	4.7
MILK-----	7.7	7.3	12.9	7.5	5.4	42.0	.2	5.5	7.5	28.3	1.7	3.9
CREAM, ICE CREAM-----	1.7	1.9	1.4	2.2	1.8	4.3	.2	1.5	.9	2.9	.1	.4
CHEESE-----	2.0	1.7	3.5	2.7	.1	8.5	.7	2.0	.3	3.0	.1	.0
SOUP, MIXTURES-----	.5	.3	.4	.2	.3	.9	.4	.4	.6	.7	.3	.4
MEAT, POULTRY, FISH-----	34.4	22.0	42.0	37.2	.3	3.2	30.0	16.6	21.4	24.7	38.1	.9
BEEF-----	13.6	7.9	16.6	13.1	.0	.9	13.1	.3	2.9	6.1	13.3	.0
BACON, SALT PORK-----	2.5	3.9	1.4	8.5	*	.2	1.1	.0	1.8	.8	1.1	.0
OTHER PORK-----	6.3	4.2	6.4	7.7	*	.3	5.0	.0	10.8	3.1	5.1	.0
LIVER-----	.4	.2	.9	.1	.1	*	2.2	12.8	.4	5.4	2.0	.9
LUNCHMEAT, FRANKFURTERS-----	2.7	2.1	3.0	3.8	.1	.2	2.5	.7	2.7	2.5	2.8	.0
OTHER MEAT-----	1.0	.4	1.1	.6	*	.1	.7	*	.3	.8	1.3	*
POULTRY-----	4.9	2.4	9.1	2.6	*	.6	4.4	2.5	1.6	5.2	9.4	*
FISH, SHELLFISH-----	2.9	.9	3.6	.9	.1	1.0	1.1	.3	.7	.7	3.1	*
OTHER PROTEIN FOOD-----	6.4	6.3	11.5	8.1	3.1	4.7	11.7	7.1	8.2	7.8	6.8	.4
EGGS-----	3.5	2.4	5.8	3.5	.1	2.3	5.5	6.5	2.8	5.8	.2	.0
DRY LEGUMES-----	.7	1.4	2.6	.3	2.2	1.4	4.4	.2	2.7	.9	1.0	.2
NUTS, PEANUT BUTTER-----	1.4	2.1	2.3	3.9	.6	.7	1.3	*	2.3	.7	5.0	.1
SOUP, MIXTURES-----	.6	.3	.5	.4	.2	.1	.4	.3	.3	.3	.4	.1
ALL VEGETABLES-----	11.5	5.8	5.9	1.5	10.7	8.4	13.5	51.3	13.1	7.7	11.3	48.1
POTATOES-----	1.9	2.4	1.7	.9	4.2	.6	2.8	*	4.1	1.3	5.2	9.6
DARK GREEN-----	.9	.2	.6	.1	.3	3.0	1.9	15.2	1.3	1.7	.6	11.9
DEEP YELLOW-----	.8	.8	.4	.1	1.6	.8	1.0	23.9	1.1	.6	.6	3.4
TOMATOES-----	1.8	.6	.6	.1	1.1	.5	1.9	5.7	1.9	.9	1.8	8.3
OTHER-----	5.6	1.7	2.4	.2	3.3	3.3	5.8	4.9	4.5	3.1	2.7	14.5
SOUP, MIXTURES-----	.4	.1	.2	.1	.2	.1	.2	1.6	.1	.1	.2	.4
ALL FRUIT-----	6.5	3.8	1.2	.3	8.7	2.4	4.7	4.2	6.4	2.4	2.6	42.2
CITRUS-----	2.3	1.2	.6	.1	2.7	1.4	1.3	1.6	4.0	.8	1.0	36.5
OTHER VITAMIN C-RICH-----	.1	*	*	*	.1	*	*	.5	*	*	*	.8
OTHER-----	4.1	2.6	.6	.2	5.9	.9	3.4	2.0	2.4	1.5	1.5	5.0
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.1	18.1	16.0	3.5	32.3	14.9	26.8	.2	37.4	17.2	20.3	.3
FLOUR-----	.8	3.9	3.3	.3	7.3	4.0	5.1	*	7.8	3.7	4.3	.0
CEREAL, PASTES-----	2.3	5.8	4.5	.7	11.0	3.6	9.8	.1	13.9	4.7	6.6	.2
BREAD-----	3.1	6.7	6.8	1.7	11.4	6.2	10.2	*	12.9	7.2	7.8	.0
OTHER BAKERY PRODUCTS-----	1.0	1.7	1.4	.9	2.6	1.1	1.7	.1	2.8	1.5	1.5	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.0	7.5	4.2	5.0	10.9	3.7	3.6	1.4	2.7	2.3	2.3	.3
FLOUR-----	.4	.9	.4	.5	1.4	.7	.3	*	.2	.2	.1	*
CEREAL, PASTES-----	.2	.6	.5	.1	1.2	.3	.3	*	.5	.1	.3	.0
BREAD-----	.2	.3	.3	*	.6	.3	.3	*	.4	.2	.2	.0
OTHER BAKERY PRODUCTS-----	3.1	4.7	2.2	3.6	6.5	1.9	1.9	.4	1.1	1.3	1.0	*
SOUP, MIXTURES-----	1.1	1.0	.8	.9	1.2	.5	.7	.9	.6	.5	.6	.3
FATS, OILS-----	3.4	13.3	.3	30.9	.3	.6	.2	9.1	.1	.1	*	*
BUTTER-----	.6	1.0	*	2.3	*	.1	.0	1.7	.0	.0	.0	.0
MARGARINE-----	.9	4.1	.1	9.5	*	.3	.0	7.1	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.1	3.7	.1	8.4	.2	.2	.2	.3	.1	.1	*	*
LARD-----	.2	1.5	*	3.5	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	3.0	*	7.1	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.2	10.8	.6	.9	24.1	2.1	3.5	.4	1.0	.9	.5	2.9
SUGAR, SIRUP, JELLY, CANDY-----	3.2	8.8	.4	.9	19.6	1.8	3.3	.1	.8	.8	.5	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.3	.2	*	*	.5	.2	.1	.3	.2	*	*	2.5
NO ADDED VITAMIN C-----	2.8	1.7	.2	*	4.0	.1	.1	*	*	*	*	.1
OTHER FOOD-----	7.5	1.4	.2	.1	2.0	4.3	4.5	.3	.4	2.1	15.9	.0
ALCOHOLIC BEVERAGE-----	3.4	.7	.1	.0	.3	.1	*	.0	*	.3	.6	.0
SOME NUTRITIVE VALUE-----	3.3	.7	.1	.1	1.7	4.2	4.5	.3	.4	1.8	15.3	.0
NO NUTRITIVE VALUE-----	.9	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

TABLE 6.--MONEY VALUE AND NUTRIENTS

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

URBAN

FOOD GROUP +	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,066	98.5	146.3	342.5	1,072	18.6	7,120	1.51	2.22	23.0	104	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.3	11.7	19.3	13.1	8.2	57.3	1.3	11.0	10.0	37.5	2.5	4.9
MILK-----	8.4	8.2	14.6	8.5	6.0	45.6	.3	7.0	8.4	31.6	1.9	4.1
CREAM, ICE CREAM-----	1.6	1.7	1.2	2.0	1.7	3.7	.1	1.5	.8	2.6	.1	.3
CHEESE-----	1.8	1.5	3.1	2.4	.1	7.1	.6	2.0	.3	2.6	.1	.0
SOUP, MIXTURES-----	.5	.4	.4	.3	.4	.9	.3	.5	.6	.8	.3	.5
MEAT, POULTRY, FISH-----	34.3	21.2	40.0	36.3	.3	3.1	28.9	13.5	20.4	22.3	36.5	.6
BEEF-----	13.8	7.8	16.7	12.9	.0	.9	13.2	.4	2.9	6.0	13.6	.0
BACON, SALT PORK-----	2.6	3.9	1.4	8.6	*	.2	1.1	.0	1.8	.8	1.1	.0
OTHER PORK-----	6.8	4.2	6.3	7.8	*	.3	5.0	.0	10.7	3.1	5.2	.0
LIVER-----	.4	.1	.6	.1	*	*	1.6	9.2	.3	3.8	1.4	.6
LUNCHMEAT, FRANKFURTERS-----	2.7	2.1	3.0	3.8	.1	.2	2.5	1.0	2.6	2.7	2.9	.0
OTHER MEAT-----	.9	.3	.9	.5	*	.1	.5	.0	.3	.4	1.1	*
POULTRY-----	4.3	1.9	7.9	1.9	*	.5	3.9	2.6	1.2	4.8	8.1	*
FISH, SHELLFISH-----	2.7	.8	3.3	.8	.1	1.0	1.1	.2	.6	.7	3.0	*
OTHER PROTEIN FOOD-----	6.6	6.2	12.0	7.5	3.4	4.7	12.5	8.7	7.9	8.0	6.4	.4
EGGS-----	3.8	2.5	6.1	3.7	.1	2.4	5.8	7.8	2.9	6.0	.2	.0
DRY LEGUMES-----	.8	1.6	3.1	.3	2.5	1.6	5.1	.2	3.0	1.0	1.2	.2
NUTS, PEANUT BUTTER-----	1.0	1.6	1.8	3.0	.4	.5	.9	*	1.5	.5	4.2	*
SOUP, MIXTURES-----	.8	.4	.7	.5	.3	.2	.6	.6	.4	.4	.6	.1
ALL VEGETABLES-----	11.6	5.7	6.0	1.4	10.4	7.3	13.5	49.5	12.5	7.1	11.5	39.9
POTATOES-----	1.8	2.4	1.8	.8	4.2	.6	2.8	*	4.1	1.3	5.4	8.9
DARK GREEN-----	.9	.2	.5	.1	.3	2.4	1.6	15.0	1.0	1.3	.6	7.9
DEEP YELLOW-----	.6	.5	.2	*	1.0	.5	.6	19.3	.7	.4	.4	1.9
TOMATOES-----	1.8	.6	.6	.1	1.2	.5	1.9	6.5	1.9	.9	1.9	7.4
OTHER-----	6.0	1.8	2.6	.2	3.6	3.2	6.3	6.2	4.6	3.0	2.9	13.4
SOUP, MIXTURES-----	.5	.2	.3	.1	.2	.1	.3	2.5	.2	.2	.3	.3
ALL FRUIT-----	6.9	3.9	1.3	.3	8.8	2.8	4.6	4.5	7.3	2.5	2.8	48.6
CITRUS-----	3.0	1.6	.8	.1	3.4	2.0	1.7	2.4	5.2	1.1	1.4	43.7
OTHER VITAMIN C-RICH-----	.1	*	*	*	.1	*	.1	.1	*	*	*	.7
OTHER-----	3.8	2.3	.5	.2	5.3	.8	2.9	2.0	2.0	1.3	1.4	4.2
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

URBAN

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.2	18.4	16.2	3.5	32.6	15.8	27.8	.2	37.9	17.3	21.3	.2
FLOUR-----	.9	4.2	3.6	.4	7.9	4.9	5.7	*	8.4	4.1	4.9	.0
CEREAL, PASTES-----	2.3	5.9	4.7	.7	11.1	4.2	10.6	.1	14.4	5.0	7.1	.2
BREAD-----	2.9	6.4	6.5	1.6	10.7	5.7	9.7	*	12.0	6.7	7.6	.0
OTHER BAKERY PRODUCTS-----	1.0	1.9	1.5	.9	2.9	1.0	1.9	*	3.1	1.6	1.7	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN-----	5.1	7.4	4.1	5.1	10.6	3.3	3.4	1.1	2.6	2.2	2.3	.3
FLOUR-----	.3	.7	.2	.4	1.1	.6	.2	*	.1	.2	.1	.0
CEREAL, PASTES-----	.2	.6	.4	.1	1.0	.2	.4	*	.6	.1	.3	.0
BREAD-----	.2	.3	.3	*	.5	.2	.2	*	.3	.1	.2	.0
OTHER BAKERY PRODUCTS-----	3.2	4.9	2.3	3.8	6.8	1.8	2.0	.5	1.1	1.3	1.1	.1
SOUP, MIXTURES-----	1.2	1.0	.8	.8	1.2	.5	.6	.6	.5	.5	.6	.2
FATS, OILS-----	3.5	13.6	.3	31.7	.3	.6	.2	10.4	.1	.2	*	*
BUTTER-----	.6	1.0	*	2.3	*	.1	.0	1.9	.0	.0	.0	.0
MARGARINE-----	.9	4.1	.1	9.7	*	.3	.0	8.1	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	4.3	.1	9.9	.3	.2	.2	.4	.1	.2	*	*
LARD-----	.1	.9	*	2.2	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	3.2	*	7.6	.1	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	5.9	10.5	.7	.9	23.3	2.0	3.5	.9	1.1	.8	.7	4.9
SUGAR, SIRUP, JELLY, CANDY-----	3.0	8.5	.4	.8	18.7	1.5	3.3	.1	.9	.7	.6	.3
OTHER SWEETS-----	.4	.3	*	*	.7	.4	.1	.9	.1	*	*	4.5
ADDED VITAMIN C-----	2.6	1.7	.3	*	3.9	.1	.1	*	*	.1	*	.2
NO ADDED VITAMIN C-----												
OTHER FOOD-----	6.7	1.4	.2	.1	2.1	3.2	4.2	.2	.3	2.0	16.0	.0
ALCOHOLIC BEVERAGE-----	2.8	.6	.1	.0	.3	.1	*	.0	*	.3	.6	.0
SOME NUTRITIVE VALUE-----	3.1	.8	.1	.1	1.8	3.1	4.2	.2	.3	1.7	15.3	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.—MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

RURAL NONFARM

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,428	103.6	158.7	401.2	1,184	20.7	7,360	1.72	2.36	24.9	96	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.5	10.4	18.3	12.0	7.0	51.8	1.1	10.4	8.6	35.0	2.1	5.0
MILK-----	8.4	7.0	13.5	7.4	5.0	40.3	.3	6.4	7.2	29.0	1.7	4.2
CREAM, ICE CREAM-----	1.9	1.8	1.4	2.1	1.7	4.1	.1	1.6	.8	2.9	.1	.4
CHEESE-----	1.9	1.4	3.1	2.4	.1	6.8	.6	2.1	.3	2.6	.1	.0
SOUP, MIXTURES-----	.4	.2	.2	.2	.2	.5	.2	.3	.3	.4	.2	.3
MEAT, POULTRY, FISH-----	31.5	19.6	36.9	35.3	.2	2.7	25.1	11.7	18.4	20.5	32.8	.6
BEEF-----	11.6	6.1	13.9	10.3	*	.7	10.4	.3	2.2	5.0	11.1	.0
BACON, SALT PORK-----	2.9	4.5	1.6	10.3	*	.2	1.1	.0	1.9	.9	1.2	.0
OTHER PORK-----	6.3	4.1	6.1	7.9	*	.3	4.6	.0	9.7	3.0	5.0	.0
LIVER-----	.3	.1	.6	.1	*	*	1.6	7.9	.3	3.5	1.3	.6
LUNCHMEAT, FRANKFURTERS-----	2.9	2.1	3.1	3.9	.1	.2	2.3	.5	2.5	2.4	2.7	.0
OTHER MEAT-----	.8	.2	.9	.3	*	.1	.4	*	.2	.5	1.4	*
POULTRY-----	4.3	1.8	7.6	1.9	*	.4	3.6	2.7	1.1	4.7	7.6	*
FISH, SHELLFISH-----	2.5	.7	3.1	.6	*	.9	.9	.2	.6	.6	2.5	*
OTHER PROTEIN FOOD-----	6.2	6.0	12.4	7.2	3.5	4.6	12.6	8.2	7.9	7.8	6.9	.4
EGGS-----	3.6	2.2	5.9	3.4	.1	2.2	5.3	7.6	2.5	5.7	.2	.0
DRY LEGUMES-----	.9	1.9	3.8	.3	2.8	1.8	6.0	.2	3.6	1.3	1.5	.2
NUTS, PEANUT BUTTER-----	1.1	1.6	2.1	3.1	.4	.5	1.0	*	1.4	.5	4.8	*
SOUP, MIXTURES-----	.5	.2	.4	.3	.2	.1	.3	.4	.3	.2	.3	.1
ALL VEGETABLES-----	13.4	5.7	6.6	1.3	10.1	7.8	13.4	49.9	13.1	7.9	11.9	52.2
POTATOES-----	2.2	2.3	1.8	.7	4.0	.6	2.7	*	4.0	1.4	5.5	10.8
DARK GREEN-----	.9	.1	.5	*	.2	2.4	1.4	14.6	.9	1.4	.5	10.2
DEEP YELLOW-----	.7	.5	.3	*	1.0	.5	.7	20.0	.7	.4	.4	2.6
TOMATOES-----	2.3	.6	.7	.1	1.0	.6	1.8	7.4	2.0	1.0	1.9	10.9
OTHER-----	6.9	2.0	3.2	.3	3.7	3.7	6.6	6.4	5.4	3.6	3.3	17.5
SOUP, MIXTURES-----	.4	.1	.2	.1	.1	.1	.2	1.6	.1	.1	.2	.3
ALL FRUIT-----	6.6	3.1	1.1	.2	6.7	1.9	4.1	8.3	4.8	2.3	2.5	38.1
CITRUS-----	1.9	.8	.4	.1	1.7	1.0	.9	1.3	2.7	.6	.8	28.1
OTHER VITAMIN C-RICH-----	.5	.1	.1	*	.2	.1	.2	2.3	.2	.2	.2	3.5
OTHER-----	4.1	2.1	.6	.2	4.7	.8	2.9	4.6	2.0	1.5	1.6	6.5
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

RURAL NONFARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	8.1	21.8	19.8	3.6	37.5	22.2	32.3	.3	43.4	21.7	26.1	.4
FLOUR-----	1.5	7.0	6.2	.5	12.5	10.6	9.4	*	13.6	7.0	8.4	.0
CEREAL, PASTES-----	2.7	7.6	6.2	.9	13.8	5.6	12.8	.2	16.9	6.9	9.3	.3
BREAD-----	3.0	5.7	6.1	1.4	9.1	5.1	8.6	*	10.4	6.4	7.0	.0
OTHER BAKERY PRODUCTS-----	.9	1.6	1.3	.8	2.2	.9	1.6	.1	2.5	1.4	1.4	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.6	6.9	3.9	4.7	9.6	2.9	3.2	1.0	2.3	2.0	2.1	.2
FLOUR-----	.4	.8	.3	.4	1.2	.6	.3	*	.1	.2	.1	*
CEREAL, PASTES-----	.2	.8	.6	.2	1.3	.2	.5	*	.8	.2	.4	*
BREAD-----	.1	.1	.2	*	.3	.1	.2	*	.2	.1	.1	.0
OTHER BAKERY PRODUCTS-----	3.0	4.5	2.3	3.6	5.9	1.6	1.8	.5	.9	1.2	1.0	*
SOUP, MIXTURES-----	.8	.7	.5	.6	.8	.4	.4	.4	.3	.3	.4	.2
FATS, OILS-----	3.9	14.4	.2	34.8	.3	.5	.2	9.6	.1	.2	*	*
BUTTER-----	.5	.7	*	1.8	*	.1	.0	1.6	.0	.0	.0	.0
MARGARINE-----	1.0	3.6	.1	8.7	*	.3	.0	7.7	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	3.8	.1	9.0	.2	.2	.2	.3	.1	.2	*	*
LARD-----	.6	3.5	*	8.3	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	2.8	*	6.9	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.7	11.1	.6	.8	23.6	2.1	4.0	.5	1.0	.9	.6	3.0
SUGAR, SIRUP, JELLY, CANDY-----	3.8	9.4	.4	.8	20.1	1.8	3.9	.1	.9	.8	.6	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.2	.2	*	*	.4	.2	.1	.4	.1	*	*	2.5
NO ADDED VITAMIN C-----	2.6	1.5	.2	*	3.2	.1	.1	*	*	*	*	.1
OTHER FOOD-----	6.5	1.0	.2	.1	1.6	3.6	4.0	.2	.3	1.8	15.0	.0
ALCOHOLIC BEVERAGE-----	2.4	.4	*	.0	.1	.1	*	.0	*	.2	.3	.0
SOME NUTRITIVE VALUE-----	3.4	.7	.1	.1	1.4	3.6	4.0	.2	.3	1.6	14.7	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

RURAL NINFARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,407	102.5	160.4	393.0	1,174	20.1	6,330	1.65	2.31	23.8	87	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.8	10.5	18.7	11.8	7.3	52.8	1.2	12.1	9.0	36.0	2.2	5.4
MILK-----	8.4	7.0	13.8	7.1	5.2	41.2	.3	7.3	7.5	29.8	1.8	4.6
CREAM, ICE CREAM-----	2.1	1.9	1.5	2.2	1.8	4.3	.2	2.1	.9	3.1	.2	.5
CHEESE-----	1.9	1.4	3.2	2.3	.1	6.8	.6	2.4	.3	2.7	*	.0
SOUP, MIXTURES-----	.3	.2	.2	.1	.2	.5	.2	.3	.3	.4	.2	.4
MEAT, POULTRY, FISH-----	30.4	19.9	37.2	35.4	.2	2.8	25.4	12.0	19.4	20.2	33.0	.6
BEEF-----	11.0	6.1	13.9	10.1	*	.7	10.5	.4	2.3	5.0	11.4	.0
BACON, SALT PORK-----	2.7	4.9	1.8	10.9	*	.2	1.3	.0	2.2	1.0	1.4	.0
OTHER PORK-----	6.0	4.2	6.3	7.9	*	.3	4.8	.0	10.0	3.1	5.2	.0
LIVER-----	.3	.1	.5	*	*	*	1.4	7.9	.2	3.0	1.2	.5
LUNCHMEAT, FRANKFURTERS-----	2.9	2.1	3.2	4.0	.1	.2	2.5	.5	2.7	2.4	2.9	.0
OTHER MEAT-----	.6	.2	.6	.2	*	*	.4	*	.2	.4	.7	*
POULTRY-----	3.9	1.6	7.0	1.6	*	.4	3.4	3.0	1.0	4.5	7.3	*
FISH, SHELLFISH-----	3.0	.8	3.8	.7	*	1.0	1.0	.2	.8	.7	2.9	*
OTHER PROTEIN FOOD-----	6.1	6.1	12.9	6.9	3.7	4.9	13.6	10.3	7.9	8.3	6.9	.4
EGGS-----	3.6	2.4	6.4	3.7	.1	2.4	5.9	9.5	2.8	6.3	.2	.0
DRY LEGUMES-----	.9	1.9	4.0	.3	3.0	1.9	6.5	.3	3.7	1.3	1.6	.2
NUTS, PEANUT BUTTER-----	.9	1.4	1.9	2.6	.4	.4	.8	*	1.1	.4	4.7	*
SOUP, MIXTURES-----	.5	.2	.5	.2	.2	.1	.3	.4	.2	.2	.3	*
ALL VEGETABLES-----	13.3	4.8	5.6	1.1	8.8	7.1	12.3	45.6	11.4	7.1	11.0	50.7
POTATOES-----	2.6	2.1	1.7	.6	3.7	.6	2.6	*	3.8	1.3	5.3	10.9
DARK GREEN-----	.8	.1	.4	*	.2	2.2	1.5	15.7	.9	1.3	.5	9.8
DEEP YELLOW-----	.4	.2	.1	*	.4	.3	.4	13.3	.3	.2	.2	1.1
TOMATOES-----	2.1	.5	.6	.1	1.0	.5	1.6	7.2	1.7	.8	1.8	9.6
OTHER-----	7.1	1.8	2.6	.2	3.3	3.6	6.1	7.8	4.6	3.3	3.0	19.1
SOUP, MIXTURES-----	.3	*	.1	*	.1	*	.2	1.6	*	*	.2	.2
ALL FRUIT-----	6.7	2.8	1.0	.2	6.1	1.8	3.9	7.0	4.3	2.2	2.4	39.4
CITRUS-----	1.9	.7	.4	*	1.6	.9	.9	1.4	2.4	.6	.7	26.8
OTHER VITAMIN C-RICH-----	.9	.2	*	*	.3	.2	.4	1.9	.2	.3	.3	6.5
OTHER-----	3.9	1.9	.5	.1	4.2	.7	2.6	3.7	1.7	1.3	1.4	6.0
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

RURAL NONFARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	8.1	21.7	19.6	3.6	37.8	21.4	32.3	.3	44.2	21.4	26.8	.3
FLOUR-----	1.4	6.6	6.0	.4	12.0	9.9	9.2	*	13.4	6.8	8.4	.0
CEREAL, PASTES-----	2.8	7.8	6.2	.8	14.3	5.4	12.7	.3	17.5	6.8	9.7	.2
BREAD-----	3.0	5.7	6.1	1.4	9.2	5.1	8.8	*	10.8	6.4	7.2	.0
OTHER BAKERY PRODUCTS-----	.9	1.6	1.3	.9	2.2	1.0	1.6	*	2.5	1.4	1.5	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.6	6.7	3.9	4.5	9.6	3.0	3.2	1.0	2.3	2.0	2.0	.3
FLOUR-----	.4	.9	.5	.4	1.5	.7	.4	*	.2	.2	.2	*
CEREAL, PASTES-----	.2	.6	.5	.1	1.1	.2	.5	*	.7	.2	.4	*
BREAD-----	.1	.2	.2	*	.3	.1	.2	*	.2	*	.1	.0
OTHER BAKERY PRODUCTS-----	3.0	4.4	2.2	3.4	5.9	1.6	1.8	.6	.9	1.2	1.0	*
SOUP, MIXTURES-----	.8	.6	.5	.5	.8	.3	.4	.4	.3	.3	.4	.2
FATS, OILS-----	4.1	15.0	.3	35.5	.3	.5	.2	11.2	.1	.2	*	*
BUTTER-----	.6	.8	*	1.9	*	*	.0	2.0	.0	.0	.0	.0
MARGARINE-----	.9	3.5	*	8.5	*	.3	.0	8.8	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.3	4.0	.1	9.3	.2	.2	.2	.4	.1	.2	*	*
LARD-----	.6	3.8	*	8.9	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.7	2.9	*	6.8	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	7.2	11.4	.7	1.0	24.7	2.2	4.2	.4	1.1	1.0	.7	3.1
SUGAR, SIRUP, JELLY, CANDY-----	4.1	9.8	.5	.9	21.0	2.0	4.1	*	1.0	.9	.7	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.2	.2	*	*	.4	.1	*	.3	*	*	*	2.4
NO ADDED VITAMIN C-----	2.9	1.4	.2	*	3.3	.1	*	*	*	*	*	.2
OTHER FOOD-----	6.7	1.0	.2	*	1.6	3.5	3.7	*	.2	1.6	14.9	.0
ALCOHOLIC BEVERAGE-----	2.3	.4	*	.0	.1	*	*	.0	*	.2	.4	.0
SOME NUTRITIVE VALUE-----	3.6	.6	.1	*	1.4	3.5	3.7	*	.2	1.4	14.6	.0
NO NUTRITIVE VALUE-----	.8	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

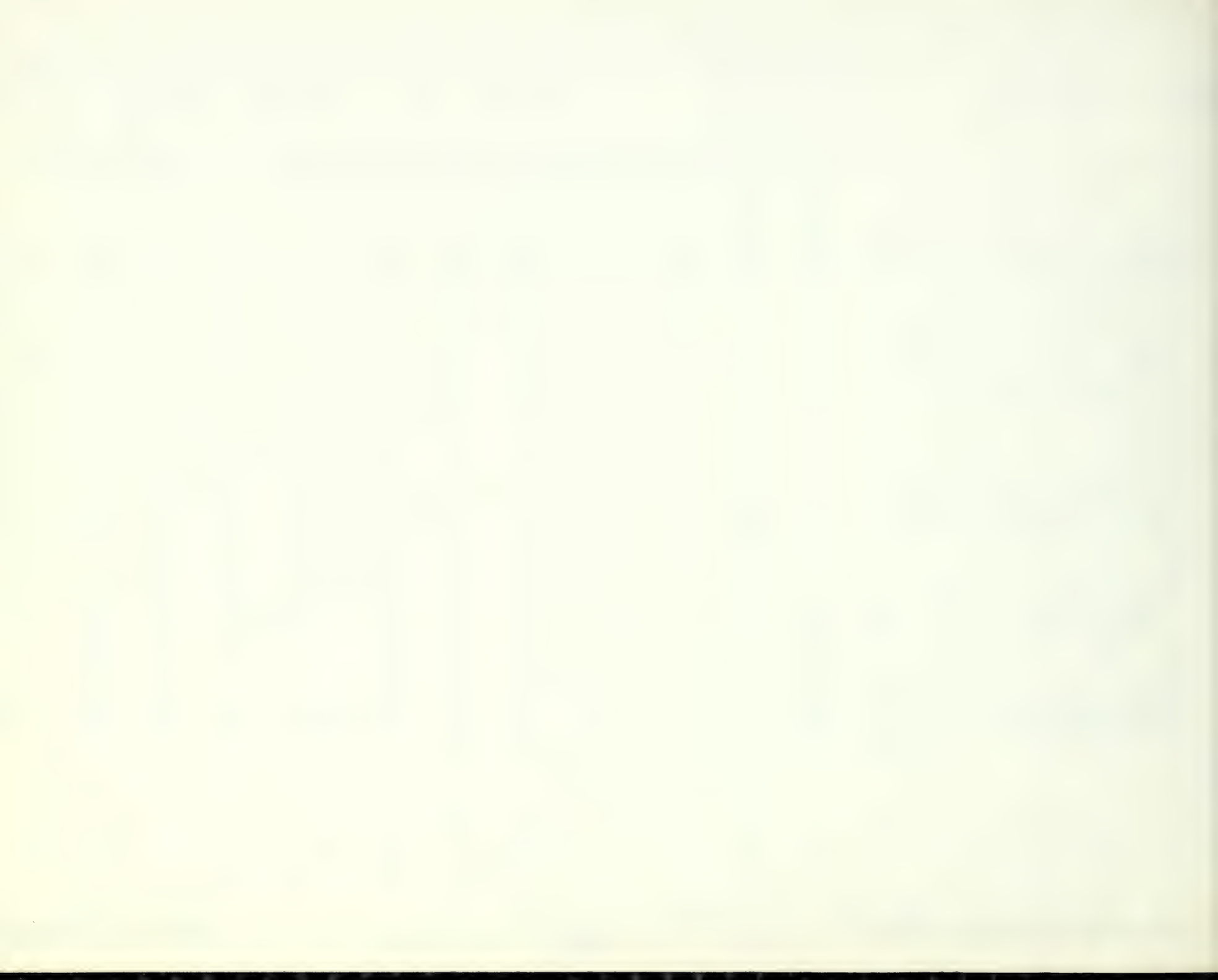


TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

RURAL NONFARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,451	103.4	158.1	410.8	1,164	20.5	7,330	1.74	2.37	24.8	103	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.3	10.7	18.5	12.4	7.1	53.1	1.2	10.6	8.7	35.2	2.2	4.7
MILK-----	8.3	7.1	13.6	7.6	4.9	41.0	.3	6.7	7.1	28.8	1.7	3.9
CREAM, ICE CREAM-----	2.0	2.1	1.7	2.4	2.0	5.0	.2	1.6	1.0	3.5	.2	.4
CHEESE-----	1.7	1.3	3.0	2.2	.1	6.6	.5	1.9	.2	2.4	.1	.0
SOUP, MIXTURES-----	.4	.2	.2	.2	.2	.6	.2	.3	.4	.5	.2	.4
MEAT, POULTRY, FISH-----	30.4	19.2	36.1	35.0	.2	2.5	24.1	12.1	17.5	19.4	31.1	.4
BEEF-----	11.0	5.9	13.9	10.1	.0	.7	10.5	.3	2.2	4.9	11.1	.0
BACON, SALT PORK-----	3.1	4.9	1.7	11.4	*	.2	1.2	.0	2.0	.9	1.3	.0
OTHER PORK-----	5.9	3.7	5.7	7.3	*	.3	4.3	.0	8.8	2.8	4.6	.0
LIVER-----	.2	.1	.4	.1	*	*	.7	7.8	.2	2.4	.8	.4
LUNCHMEAT, FRANKFURTERS-----	3.1	2.1	3.3	4.1	.1	.2	2.6	.9	2.7	2.7	3.0	.0
OTHER MEAT-----	.4	.1	.4	.1	*	*	.2	.0	.1	.2	.5	.0
POULTRY-----	4.1	1.6	7.6	1.5	*	.4	3.7	2.9	1.0	5.0	7.3	*
FISH, SHELLFISH-----	2.5	.6	3.1	.6	*	.7	.7	.2	.6	.5	2.4	*
OTHER PROTEIN FOOD-----	5.7	5.7	11.8	6.8	3.2	4.4	11.9	8.0	7.6	7.5	6.9	.3
EGGS-----	3.2	2.2	5.7	3.4	.1	2.1	5.2	7.4	2.4	5.5	.2	.0
DRY LEGUMES-----	.9	1.7	3.5	.3	2.5	1.6	5.5	.2	3.5	1.2	1.3	.2
NUTS, PEANUT BUTTER-----	1.0	1.5	2.1	2.8	.4	.5	.9	*	1.4	.5	4.9	*
SOUP, MIXTURES-----	.4	.2	.4	.3	.2	.1	.3	.3	.2	.2	.3	.1
ALL VEGETABLES-----	16.0	6.3	8.2	1.5	10.9	8.4	15.8	40.9	16.3	9.4	13.6	57.0
POTATOES-----	2.3	2.2	1.8	.8	3.7	.6	2.7	*	3.8	1.3	5.3	9.4
DARK GREEN-----	.8	.1	.3	*	.2	1.2	.9	8.3	.6	.7	.4	6.8
DEEP YELLOW-----	.4	.3	.2	*	.6	.3	.4	11.9	.4	.2	.3	1.2
TOMATOES-----	3.4	.7	.9	.2	1.3	.9	2.4	10.7	2.9	1.4	2.7	16.2
OTHER-----	8.8	2.9	4.9	.4	5.1	5.3	9.2	8.6	8.6	5.5	4.8	23.1
SOUP, MIXTURES-----	.3	.1	.1	.1	.1	.1	.1	1.3	.1	.1	.2	.2
ALL FRUIT-----	6.9	3.1	1.2	.3	6.5	1.9	5.0	17.8	4.9	2.8	3.1	34.1
CITRUS-----	1.5	.6	.3	*	1.3	.6	.7	.9	1.9	.4	.5	19.3
OTHER VITAMIN C-RICH-----	.8	.2	.1	*	.3	.2	.3	7.0	.4	.2	.4	5.2
OTHER-----	4.6	2.3	.8	.2	5.0	1.1	4.0	9.9	2.7	2.1	2.2	9.7
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

RURAL NONFARM

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	8.0	21.1	19.3	3.6	35.6	21.1	31.6	.4	41.8	21.2	25.9	.3
FLOUR-----	1.3	6.1	5.5	.4	10.7	9.5	8.4	*	11.9	6.2	7.4	.0
CEREAL, PASTES-----	2.6	7.2	5.8	.8	13.0	5.1	12.2	.2	16.1	6.7	9.4	.2
BREAD-----	3.1	6.0	6.5	1.5	9.5	5.5	9.3	*	11.0	6.8	7.5	.0
OTHER BAKERY PRODUCTS-----	1.0	1.7	1.5	.9	2.4	1.1	1.8	.1	2.8	1.6	1.6	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN-----	4.5	7.0	3.9	4.9	9.6	3.1	3.0	.9	2.0	1.9	2.0	.2
FLOUR-----	.4	.9	.4	.5	1.4	.6	.3	*	.1	.2	.1	.0
CEREAL, PASTES-----	.2	.7	.5	.1	1.2	.3	.4	*	.5	.1	.4	.0
BREAD-----	.1	.1	.2	*	.3	.1	.2	.0	.2	.1	.1	.0
OTHER BAKERY PRODUCTS-----	3.1	4.7	2.3	3.8	6.0	1.8	1.9	.5	.9	1.3	1.0	*
SOUP, MIXTURES-----	.7	.6	.5	.5	.7	.3	.4	.3	.3	.3	.3	.2
FATS, OILS-----	3.7	14.3	.2	34.8	.3	.5	.2	8.9	.1	.2	*	*
BUTTER-----	.4	.5	*	1.3	*	*	.0	1.2	.0	.0	.0	.0
MARGARINE-----	.9	3.4	.1	8.4	*	.3	.0	7.4	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.3	4.2	.1	10.1	.2	.2	.2	.4	.1	.2	*	*
LARD-----	.5	3.2	.0	7.6	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	3.0	*	7.4	*	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	7.0	11.8	.6	.7	25.1	1.8	3.6	.3	.8	.8	.5	2.8
SUGAR, SIRUP, JELLY, CANDY-----	3.5	9.8	.3	.6	20.7	1.5	3.4	.1	.8	.7	.5	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.3	.3	*	*	.6	.2	.1	.2	.1	*	*	2.3
NO ADDED VITAMIN C-----	3.1	1.8	.3	*	3.8	.1	.1	*	*	*	*	.2
OTHER FOOD-----	5.5	.9	.1	.1	1.5	3.2	3.7	.1	.2	1.7	14.7	.0
ALCOHOLIC BEVERAGE-----	1.5	.3	*	.0	.1	.1	.0	.0	*	.2	.3	.0
SOME NUTRITIVE VALUE-----	3.3	.6	.1	.1	1.3	3.1	3.7	.1	.2	1.5	14.4	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

† SEE NOTES FOLLOWING WEST, TABLE 18.

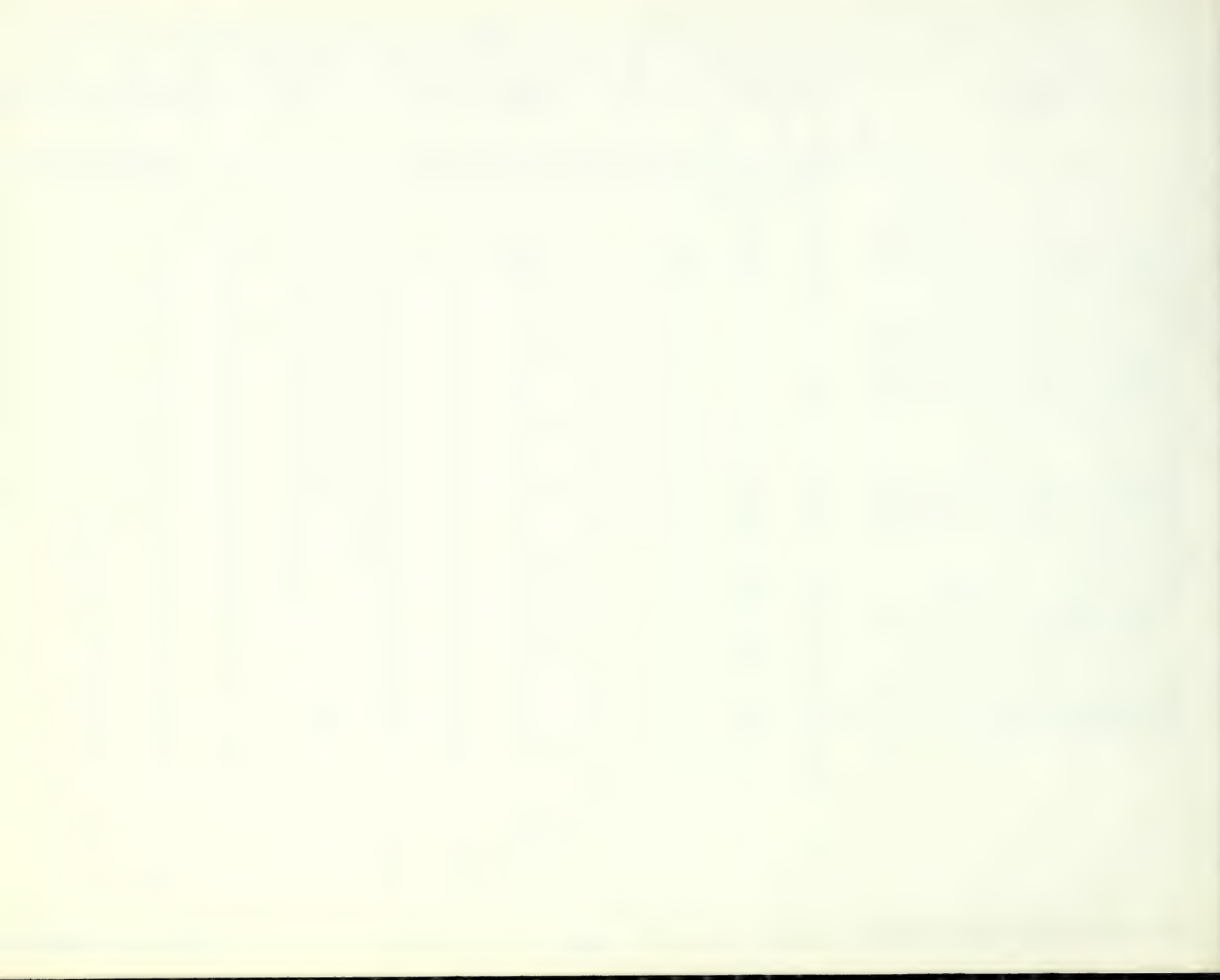


TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

RURAL NONFARM

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCURBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,466	106.6	159.8	405.9	1,216	21.4	8,320	1.75	2.38	26.5	93	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.6	10.2	17.6	12.0	6.7	50.1	1.0	9.4	8.4	34.2	2.0	5.2
MILK-----	8.7	7.0	13.1	7.5	4.9	38.9	.2	5.8	7.0	28.4	1.6	4.3
CREAM, ICE CREAM-----	1.7	1.6	1.3	1.8	1.5	3.6	.1	1.3	.7	2.6	.1	.4
CHEESE-----	1.9	1.5	3.1	2.5	.1	7.1	.6	1.9	.3	2.6	.1	.0
SOUP, MIXTURES-----	.4	.2	.2	.2	.2	.5	.1	.3	.4	.5	.2	.5
MEAT, POULTRY, FISH-----	33.2	19.9	38.3	35.4	.2	2.9	25.6	11.3	18.4	21.5	34.6	.7
BEEF-----	12.0	6.1	13.7	10.4	*	.7	10.1	.3	2.2	5.0	10.5	.0
BACON, SALT PORK-----	2.7	3.9	1.4	9.0	*	.2	1.0	.0	1.7	.8	1.0	.0
OTHER PORK-----	6.1	4.1	5.7	8.0	*	.3	4.2	.0	9.3	2.9	4.5	.0
LIVER-----	.4	.1	.7	.1	*	*	2.3	7.9	.3	4.4	1.7	.7
LUNCHMEAT, FRANKFURTERS-----	3.0	2.1	3.1	4.1	.1	.2	2.3	.2	2.6	2.3	2.6	.0
OTHER MEAT-----	1.3	.4	1.7	.5	*	.1	.6	*	.3	.4	3.0	*
POULTRY-----	5.3	2.3	8.9	2.6	*	.5	4.1	2.7	1.5	5.2	8.9	.0
FISH, SHELLFISH-----	2.3	.7	3.0	.7	*	1.0	1.0	.2	.6	.6	2.3	*
OTHER PROTEIN FOOD-----	6.5	6.3	12.1	7.8	3.5	4.5	12.3	7.0	8.0	7.6	7.1	.3
EGGS-----	3.6	2.1	5.5	3.3	.1	2.0	4.9	6.5	2.4	5.5	.2	.0
DRY LEGUMES-----	.8	1.8	3.7	.3	2.7	1.7	5.8	.1	3.4	1.3	1.4	.1
NUTS, PEANUT BUTTER-----	1.4	2.0	2.4	4.0	.5	.6	1.2	*	1.9	.6	5.2	.1
SOUP, MIXTURES-----	.5	.3	.5	.3	.2	.1	.3	.3	.3	.2	.3	.1
ALL VEGETABLES-----	12.5	6.0	6.4	1.4	10.7	8.2	13.0	57.7	13.0	8.0	11.5	53.9
POTATOES-----	2.3	2.6	2.0	.8	4.3	.6	2.9	*	4.4	1.6	5.8	12.4
DARK GREEN-----	1.1	.2	.6	.1	.3	3.3	1.8	17.9	1.3	2.0	.7	14.2
DEEP YELLOW-----	1.1	1.0	.5	.1	1.9	.9	1.1	28.6	1.4	.8	.7	5.2
TOMATOES-----	1.8	.5	.5	.1	.9	.4	1.6	5.3	1.6	.8	1.5	8.3
OTHER-----	5.8	1.7	2.6	.2	3.2	2.8	5.4	4.4	4.2	2.8	2.6	13.6
SOUP, MIXTURES-----	.4	.1	.2	.1	.1	.1	.2	1.5	.1	.1	.2	.3
ALL FRUIT-----	6.5	3.2	1.0	.2	6.9	1.8	3.5	4.0	4.6	2.1	2.1	35.4
CITRUS-----	1.9	.8	.4	.1	1.8	1.0	.9	1.2	2.7	.6	.7	29.1
OTHER VITAMIN C-RICH-----	.2	*	*	*	.1	*	.1	.2	*	*	*	.9
OTHER-----	4.4	2.3	.5	.2	5.0	.8	2.5	2.5	1.9	1.4	1.3	5.4
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

RURAL NONFARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBI ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	8.1	21.7	19.5	3.5	37.4	23.0	32.3	.2	43.3	21.7	24.7	.5
FLOUR-----	1.6	7.7	6.8	.5	13.8	12.1	10.2	*	15.1	7.8	8.9	.0
CEREAL, PASTES-----	2.7	7.1	5.8	.9	12.8	5.3	12.4	.2	16.0	6.5	8.2	.4
BREAD-----	3.0	5.6	5.9	1.4	8.9	5.0	8.4	*	10.3	6.3	6.5	.0
OTHER BAKERY PRODUCTS-----	.8	1.3	1.0	.7	1.8	.7	1.3	.1	2.0	1.1	1.1	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.9	7.4	4.2	5.1	10.4	2.8	3.5	1.2	3.0	2.2	2.3	.3
FLOUR-----	.3	.7	.3	.4	1.1	.5	.2	*	.2	.2	.1	.0
CEREAL, PASTES-----	.3	1.2	.9	.3	2.2	.2	.9	*	1.4	.3	.7	.0
BREAD-----	.1	.1	.1	*	.2	.1	.1	.0	.1	.1	.1	.0
OTHER BAKERY PRODUCTS-----	3.1	4.5	2.2	3.6	6.0	1.6	1.8	.4	.9	1.2	.9	*
SOUP, MIXTURES-----	1.1	.9	.7	.8	1.1	.4	.5	.7	.4	.4	.5	.3
FATS, OILS-----	3.8	14.0	.2	33.8	.2	.5	.2	8.5	.1	.1	*	*
BUTTER-----	.6	.8	*	1.9	*	.1	.0	1.5	.0	.0	.0	.0
MARGARINE-----	.9	3.5	.1	8.5	*	.3	.0	6.7	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.0	3.1	.1	7.5	.2	.1	.2	.3	.1	.1	*	*
LARD-----	.7	4.0	.0	9.6	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	2.6	*	6.3	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.2	10.4	.5	.7	22.3	2.1	4.3	.7	.9	.9	.5	3.7
SUGAR, SIRUP, JELLY, CANDY-----	3.8	9.1	.3	.7	19.5	1.8	4.1	.1	.9	.8	.5	.5
OTHER SWEETS--												
ADDED VITAMIN C-----	.2	.1	*	*	.3	.2	.1	.6	.1	*	*	3.1
NO ADDED VITAMIN C-----	2.2	1.2	.1	*	2.5	.1	.1	*	*	*	*	.1
OTHER FOOD-----	5.7	.9	.2	.1	1.6	4.0	4.3	.2	.3	1.8	15.2	.0
ALCOHOLIC BEVERAGE-----	1.6	.2	*	.0	.1	*	*	.0	*	.1	.2	.0
SOME NUTRITIVE VALUE-----	3.5	.7	.2	.1	1.5	4.0	4.3	.2	.3	1.7	15.0	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

SOUTH

RURAL NONFARM

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBI ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,385	101.9	156.5	394.3	1,181	20.9	7,420	1.75	2.35	24.5	97	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.1	10.2	18.4	11.7	6.7	51.0	1.1	10.0	8.3	34.5	2.1	4.7
MILK-----	8.2	7.0	13.7	7.1	5.1	40.3	.2	6.0	7.1	29.0	1.7	4.1
CREAM, ICE CREAM-----	1.6	1.6	1.2	1.9	1.4	3.4	.1	1.5	.7	2.4	.1	.3
CHEESE-----	2.0	1.5	3.3	2.5	.1	6.9	.6	2.1	.3	2.7	.1	.9
SOUP, MIXTURES-----	.4	.2	.2	.2	.2	.4	.2	.2	.3	.4	.2	.2
MEAT, POULTRY, FISH-----	32.2	19.5	36.2	35.4	.2	2.7	25.3	11.6	18.5	20.9	32.4	.7
BEEF-----	12.2	6.2	14.3	10.5	.0	.7	10.4	.3	2.2	5.0	11.4	.9
BACON, SALT PORK-----	2.9	4.4	1.6	10.1	*	.2	1.0	.0	1.7	.8	1.2	.0
OTHER PORK-----	7.3	4.5	6.8	8.7	*	.3	5.0	.0	10.6	3.3	5.6	.0
LIVER-----	.4	.1	.7	.1	*	*	2.1	8.1	.3	4.1	1.7	.6
LUNCHMEAT, FRANKFURTERS-----	2.6	1.8	2.6	3.4	.1	.1	2.0	.6	2.1	2.2	2.4	.0
OTHER MEAT-----	.8	.3	.8	.4	*	.1	.6	*	.3	.8	1.1	.1
POULTRY-----	3.7	1.6	6.7	1.7	*	.4	3.1	2.4	.9	4.1	6.8	.9
FISH, SHELLFISH-----	2.3	.6	2.6	.6	.1	.9	1.1	.1	.4	.6	2.3	*
OTHER PROTEIN FOOD-----	6.7	6.1	12.6	7.1	3.8	4.6	12.8	8.1	8.1	7.9	6.7	.4
EGGS-----	3.8	2.2	5.9	3.4	.1	2.1	5.1	7.4	2.4	5.6	.2	.0
DRY LEGUMES-----	.9	2.0	4.1	.3	3.0	1.8	6.3	.2	3.8	1.4	1.6	.1
NUTS, PEANUT BUTTER-----	1.1	1.6	1.9	3.1	.4	.5	.9	*	1.4	.5	4.2	*
SOUP, MIXTURES-----	.6	.2	.4	.3	.2	.1	.3	.4	.3	.3	.4	.1
ALL VEGETABLES-----	11.7	5.5	6.1	1.2	9.7	7.4	12.4	54.2	11.5	7.2	11.5	46.4
POTATOES-----	1.9	2.4	1.9	.7	4.1	.6	2.8	*	4.0	1.4	5.7	10.8
DARK GREEN-----	.9	.2	.6	.1	.2	2.6	1.5	16.6	1.0	1.5	.6	10.3
DEEP YELLOW-----	.7	.6	.3	*	1.2	.6	.8	24.1	.9	.5	.5	3.0
TOMATOES-----	2.0	.5	.6	.1	1.0	.5	1.7	6.5	1.7	.8	1.8	8.4
OTHER-----	5.7	1.6	2.5	.2	3.1	3.0	5.4	5.1	3.9	2.7	2.6	13.6
SOUP, MIXTURES-----	.5	.1	.2	.1	.2	.1	.2	1.9	.1	.1	.2	.3
ALL FRUIT-----	6.5	3.3	1.1	.2	7.2	2.1	3.8	4.1	5.4	2.2	2.5	44.5
CITRUS-----	2.6	1.2	.6	.1	2.5	1.4	1.3	1.9	3.7	.9	1.1	38.6
OTHER VITAMIN C-RICH-----	.3	.1	*	*	.1	*	.1	.1	*	.1	.1	1.5
OTHER-----	3.6	2.1	.5	.2	4.6	.7	2.4	2.1	1.6	1.3	1.3	4.5
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

WINTER 1966 BY FOOD GROUP

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

SOUTH

RURAL NONFARM

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	8.3	22.8	20.9	3.8	39.5	23.1	33.2	.2	44.5	22.4	27.3	.4
FLOUR-----	1.5	7.4	6.7	.5	13.4	10.8	9.7	*	14.1	7.4	9.0	.0
CEREAL, PASTES-----	2.9	8.4	7.0	1.0	15.2	6.7	13.9	.1	18.2	7.7	10.2	.4
BREAD-----	2.8	5.3	5.7	1.4	8.5	4.7	7.9	*	9.5	5.9	6.6	.0
OTHER BAKERY PRODUCTS-----	1.0	1.7	1.4	.9	2.5	.9	1.7	*	2.7	1.5	1.6	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN-----	4.3	6.2	3.6	4.4	8.5	2.6	2.8	.8	2.0	1.8	1.9	.2
FLOUR-----	.3	.6	.2	.4	1.0	.5	.2	*	.1	.2	.1	.0
CEREAL, PASTES-----	.2	.5	.4	.1	.9	.2	.4	*	.6	.1	.3	.0
BREAD-----	.2	.2	.2	*	.3	.2	.2	*	.2	.1	.1	.0
OTHER BAKERY PRODUCTS-----	2.9	4.3	2.3	3.5	5.7	1.5	1.7	.4	.8	1.1	1.0	.0
SOUP, MIXTURES-----	.8	.6	.5	.5	.7	.3	.3	.4	.2	.3	.3	.1
FATS, OILS-----	3.9	14.5	.3	35.0	.3	.5	.2	10.3	.1	.1	*	*
BUTTER-----	.5	.8	*	2.0	*	.1	.0	1.7	.0	.0	.0	.0
MARGARINE-----	1.0	4.0	.1	9.6	*	.3	.0	8.3	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	3.8	.1	9.0	.2	.2	.2	.3	.1	.1	*	*
LARD-----	.5	3.0	.0	7.2	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.7	3.0	*	7.2	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.2	10.5	.7	.9	22.3	2.2	4.2	.5	1.2	1.0	.7	2.6
SUGAR, SIRUP, JELLY, CANDY-----	3.7	8.9	.5	.9	18.9	1.8	4.1	.1	1.2	.9	.6	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.2	.1	*	*	.3	.3	.1	.5	*	*	*	2.2
NO ADDED VITAMIN C-----	2.3	1.4	.2	*	3.2	.1	.1	*	*	*	*	.1
OTHER FOOD-----	8.2	1.4	.2	.1	1.7	3.8	4.2	.3	.4	1.9	15.0	.0
ALCOHOLIC BEVERAGE-----	4.3	.7	*	.0	.1	.1	*	.0	*	.1	.3	.0
SOME NUTRITIVE VALUE-----	3.3	.7	.2	.1	1.5	3.7	4.2	.3	.4	1.8	14.8	.0
NO NUTRITIVE VALUE-----	.6	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

SOUTH

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3.611	104.4	162.1	440.0	1,236	21.3	7,710	1.85	2.45	24.9	92	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.4	9.9	18.0	12.0	6.2	49.9	.8	10.2	8.1	34.4	2.1	5.3
MILK-----	9.9	7.3	14.4	8.2	4.8	41.3	.2	7.0	7.1	29.9	1.8	4.7
CREAM, ICE CREAM-----	1.8	1.5	1.2	1.9	1.2	3.2	.1	1.5	.6	2.3	.1	.4
CHEESE-----	1.5	1.0	2.4	1.8	.1	5.1	.4	1.5	.2	1.9	*	.0
SOUP, MIXTURES-----	.2	.1	.1	.1	.1	.3	.1	.2	.2	.2	.1	.2
MEAT, POULTRY, FISH-----	31.2	18.9	35.2	35.8	.2	2.7	23.6	11.2	17.3	19.4	31.6	.6
BEEF-----	10.4	5.0	11.9	8.8	*	.6	8.7	.3	1.8	4.1	9.5	.0
BACON, SALT PORK-----	3.1	5.0	1.6	11.8	*	.2	1.1	.0	1.8	.8	1.3	.0
OTHER PORK-----	7.2	4.4	6.6	8.8	*	.3	4.8	.0	9.6	3.2	5.4	.0
LIVER-----	.3	.1	.6	.1	*	*	1.8	7.3	.3	3.4	1.4	.6
LUNCHMEAT, FRANKFURTERS-----	2.5	1.8	2.7	3.4	.1	.1	2.0	.4	2.1	2.0	2.4	.0
OTHER MEAT-----	.7	.2	.7	.2	*	*	.3	*	.2	.3	1.0	*
POULTRY-----	4.5	1.9	8.0	2.1	*	.4	3.8	3.1	1.1	4.9	8.1	.0
FISH, SHELLFISH-----	2.5	.7	3.1	.7	*	1.0	.9	.2	.6	.7	2.4	*
OTHER PROTEIN FOOD-----	5.8	5.4	11.8	6.6	3.1	4.3	12.1	7.7	7.4	7.4	5.7	.3
EGGS-----	3.5	2.2	5.9	3.4	.1	2.1	5.2	7.3	2.4	5.6	.2	.0
DRY LEGUMES-----	.9	1.8	3.9	.3	2.6	1.7	5.9	.2	3.5	1.3	1.5	.2
NUTS, PEANUT BUTTER-----	1.1	1.4	1.7	2.7	.3	.4	.8	*	1.4	.4	3.8	*
SOUP, MIXTURES-----	.2	.1	.3	.1	.1	*	.2	.2	.1	.1	.2	*
ALL VEGETABLES-----	15.3	5.7	7.1	1.0	10.0	8.1	13.7	52.9	13.5	8.3	12.4	56.0
POTATOES-----	2.4	2.1	1.8	.4	3.6	.6	2.6	*	3.8	1.4	5.5	11.5
DARK GREEN-----	.9	.2	.5	*	.2	2.4	1.4	14.7	.9	1.4	.6	11.1
DEEP YELLOW-----	.8	.7	.4	.1	1.4	.7	.9	23.8	1.0	.6	.6	4.0
TOMATOES-----	2.8	.5	.6	.1	.9	.5	1.7	7.0	1.8	.9	1.9	11.5
OTHER-----	8.2	2.2	3.7	.3	3.9	3.9	7.0	6.5	5.9	3.9	3.7	19.7
SOUP, MIXTURES-----	.2	.1	.1	*	.1	*	.1	1.0	.1	.1	.1	.2
ALL FRUIT-----	6.8	2.8	1.0	.2	5.8	1.7	3.9	8.2	3.9	2.3	2.4	33.5
CITRUS-----	1.4	.6	.3	*	1.1	.7	.7	.9	1.8	.4	.5	20.6
OTHER VITAMIN C-RICH-----	.7	.1	.1	*	.3	.1	.3	2.2	.2	.2	.2	4.7
OTHER-----	4.6	2.1	.6	.2	4.4	.9	2.9	5.1	2.0	1.6	1.6	8.2
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR 1965-1966. BY FOOD GROUP

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
*GRAIN, ENRICHED OR WHOLE GRAIN-----	8.3	24.3	22.4	3.5	40.8	24.7	35.0	.4	46.6	24.3	30.5	.2
FLOUR-----	2.0	9.1	8.5	.6	15.7	13.9	12.6	*	17.6	9.3	11.7	.0
CEREAL, PASTES-----	2.9	9.3	7.5	1.0	16.3	5.8	13.9	.3	18.6	8.5	11.6	.1
BREAD-----	2.7	4.6	5.2	1.2	7.1	4.2	7.2	*	8.4	5.3	6.0	.0
OTHER BAKERY PRODUCTS-----	.8	1.3	1.1	.7	1.7	.8	1.3	.1	2.0	1.2	1.3	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	3.9	6.0	3.6	3.8	8.5	2.4	2.8	.8	2.2	1.7	2.0	.2
FLOUR-----	.4	.7	.3	.4	1.1	.6	.2	*	.1	.2	.1	.0
CEREAL, PASTES-----	.4	1.4	1.1	.2	2.4	.4	.8	*	1.1	.3	.8	.0
BREAD-----	*	*	.1	*	.1	*	.1	*	.1	*	*	.0
OTHER BAKERY PRODUCTS-----	2.4	3.3	1.7	2.7	4.2	1.2	1.3	.4	.6	.9	.8	*
SOUP, MIXTURES-----	.7	.6	.4	.5	.6	.2	.3	.4	.2	.2	.3	.2
FATS, OILS-----	4.1	14.7	.2	36.4	.2	.4	.2	8.3	.1	.1	*	*
BUTTER-----	.8	1.0	*	2.4	*	.1	.0	2.1	.0	.0	.0	.0
MARGARINE-----	.8	2.8	.1	7.0	*	.2	.0	6.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.0	2.8	.1	6.8	.2	.1	.2	.3	.1	.1	*	*
LARD-----	1.1	6.0	*	14.9	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.5	2.1	*	5.3	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	7.0	11.6	.4	.6	24.0	2.1	4.7	.2	.9	.8	.6	1.9
SUGAR, SIRUP, JELLY, CANDY-----	4.2	10.2	.3	.6	21.2	1.9	4.6	.1	.8	.8	.5	.5
OTHER SWEETS--												
ADDED VITAMIN C-----	.2	.1	*	*	.2	.1	*	.2	*	*	*	1.4
NO ADDED VITAMIN C-----	2.6	1.2	.1	*	2.6	*	*	*	*	*	*	.1
OTHER FOOD-----	4.3	.6	.2	.1	1.1	3.7	3.2	*	.1	1.3	12.7	.0
ALCOHOLIC BEVERAGE-----	.3	*	*	.0	*	*	*	.0	*	*	.1	.0
SOME NUTRITIVE VALUE-----	3.3	.5	.2	.1	1.1	3.7	3.2	*	.1	1.2	12.6	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

SOUTH

RURAL FARM

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		3,582	104.0	162.9	430.4	1,226	21.0	5.940	1.81	2.40	24.1	79
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	14.0	10.3	18.3	12.4	6.6	50.6	.9	13.7	8.4	35.1	2.2	6.2
MILK-----	9.9	7.2	14.2	8.0	4.9	40.8	.2	8.9	7.2	29.9	1.9	5.4
CREAM, ICE CREAM-----	2.4	1.9	1.4	2.4	1.5	4.0	.1	2.5	.8	2.9	.2	.5
CHEESE-----	1.5	1.1	2.5	1.9	*	5.5	.4	2.1	.2	2.1	*	.0
SOUP, MIXTURES-----	.2	*	.1	*	*	.3	*	.2	.2	.3	.1	.3
MEAT, POULTRY, FISH-----	31.0	19.4	36.0	36.1	.2	2.8	24.1	11.8	19.1	19.3	32.0	.6
BEEF-----	10.6	5.3	12.5	9.1	*	.6	9.2	.4	1.9	4.4	10.2	.0
BACON, SALT PORK-----	2.9	5.1	1.8	11.9	*	.2	1.3	.0	2.0	.9	1.4	.0
OTHER PORK-----	7.7	4.7	4.5	9.2	*	.4	5.6	.0	11.2	3.6	6.4	.0
LIVER-----	.3	*	.5	*	*	*	1.5	7.3	.2	2.8	1.2	.6
LUNCHMEAT, FRANKFURTERS-----	2.5	1.7	2.6	3.3	*	.1	2.0	.3	2.1	1.9	2.4	.0
OTHER MEAT-----	.3	*	.4	.1	*	*	.2	*	.1	.2	.4	*
POULTRY-----	4.1	1.6	7.1	1.8	*	.4	3.5	3.7	.9	4.6	7.4	.0
FISH, SHELLFISH-----	2.8	.7	3.6	.7	*	1.0	.9	.2	.7	.8	2.5	*
OTHER PROTEIN FOOD-----	5.8	5.7	12.8	6.3	3.5	4.7	13.5	10.7	7.7	8.1	5.8	.3
EGGS-----	3.6	2.3	6.4	3.6	.1	2.3	5.7	10.2	2.6	6.1	.2	.0
DRY LEGUMES-----	1.1	2.1	4.5	.3	3.0	2.0	7.0	.2	4.1	1.5	1.8	.2
NUTS, PEANUT BUTTER-----	.9	1.1	1.5	2.2	.3	.3	.7	*	.8	.3	3.6	*
SOUP, MIXTURES-----	.3	.1	.3	.1	*	*	.1	.2	*	.1	.1	*
ALL VEGETABLES-----	14.2	4.6	5.6	.8	8.2	6.7	11.8	44.9	10.6	6.7	10.8	54.4
POTATOES-----	2.9	2.0	1.8	.4	3.5	.5	2.5	*	3.7	1.4	5.5	12.8
DARK GREEN-----	.7	.1	.4	*	.2	2.0	1.4	16.4	.7	1.1	.4	9.5
DEEP YELLOW-----	.4	.2	.1	*	.4	.2	.3	12.3	.3	.2	.2	1.3
TOMATOES-----	1.9	.4	.5	*	.7	.4	1.3	6.6	1.3	.7	1.5	8.9
OTHER-----	8.0	1.8	2.8	.2	3.3	3.6	6.0	8.5	4.5	3.3	3.1	21.7
SOUP, MIXTURES-----	.2	*	*	*	*	*	*	1.1	*	*	.1	.2
ALL FRUIT-----	6.4	2.4	.8	.2	5.2	1.5	3.4	6.4	3.2	1.9	2.1	36.0
CITRUS-----	1.4	.5	.3	*	1.0	.6	.6	1.0	1.5	.4	.5	20.8
OTHER VITAMIN C-RICH-----	1.0	.2	*	*	.4	.2	.5	2.0	.2	.3	.3	8.5
OTHER-----	4.1	1.7	.5	.1	3.7	.7	2.3	3.4	1.4	1.2	1.3	6.7
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

† SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

SOUTH

RURAL FARM

FOOD-GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	8.5	24.8	22.7	3.4	27.0	24.7	35.8	.6	48.2	25.0	31.8	.2
FLOUR-----	2.1	9.6	9.0	.6	16.7	13.9	13.3	*	18.7	9.9	12.6	.0
CEREAL, PASTES-----	3.0	9.5	7.6	1.0	16.8	5.9	14.2	.5	19.4	8.8	12.1	.1
BREAD-----	2.7	4.6	5.1	1.2	7.2	4.2	7.2	*	8.4	5.3	6.1	.0
OTHER BAKERY PRODUCTS-----	.7	1.1	1.0	.7	1.5	.8	1.2	*	1.8	1.1	1.1	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	3.7	5.2	3.0	3.6	7.1	2.4	2.3	.9	1.7	1.5	1.5	.2
FLOUR-----	.4	.7	.4	.4	1.2	.7	.2	*	.2	.2	.1	.0
CEREAL, PASTES-----	.2	.6	.5	.1	1.0	.2	.4	*	.6	.2	.3	.0
BREAD-----	*	*	*	*	*	*	*	*	*	*	*	.0
OTHER BAKERY PRODUCTS-----	2.4	3.3	1.7	2.7	4.3	1.2	1.3	.5	.6	.9	.8	*
SOUP, MIXTURES-----	.6	.5	.3	.4	.5	.2	.3	.3	.2	.2	.2	.2
FATS, OILS-----	4.3	14.9	.2	36.4	.2	.4	.2	10.7	*	.1	*	*
BUTTER-----	.8	1.0	*	2.4	*	*	.0	2.7	.0	.0	.0	.0
MARGARINE-----	.8	2.8	*	6.8	*	.2	.0	7.6	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.0	3.0	*	7.3	.2	.1	.2	.4	*	.1	*	*
LARD-----	1.1	5.9	*	14.5	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	2.2	*	5.4	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	7.5	12.2	.5	.7	25.7	2.2	4.9	.2	.9	.9	.6	2.1
SUGAR, SIRUP, JELLY, CANDY-----	4.5	10.9	.3	.6	22.8	2.1	4.8	*	.9	.8	.6	.5
OTHER SWEETS--												
ADDED VITAMIN C-----	.3	.1	*	*	.3	*	*	.2	*	*	*	1.5
NO ADDED VITAMIN C-----	2.7	1.2	.1	*	2.6	*	*	*	*	*	*	*
OTHER FOOD-----	4.7	.6	.2	*	1.2	4.1	3.2	*	.2	1.4	13.1	.0
ALCOHOLIC BEVERAGE-----	.5	*	*	.0	*	*	*	.0	.0	*	.1	.0
SOME NUTRITIVE VALUE-----	3.5	.5	.1	*	1.1	4.1	3.2	*	.2	1.3	13.0	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

SOUTH

RURAL FA

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORB ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,663	105.4	161.1	455.9	1,214	21.7	7.110	1.90	2.49	25.4	105	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.5	9.6	17.4	11.8	6.0	49.3	.8	10.7	7.7	32.8	2.0	4.6
MILK-----	9.1	6.9	13.7	7.9	4.5	40.3	.2	7.2	6.7	28.2	1.7	4.0
CREAM, ICE CREAM-----	1.9	1.6	1.3	2.0	1.3	3.6	.1	1.7	.7	2.5	.1	.3
CHEESE-----	1.5	1.0	2.4	1.7	.1	5.2	.4	1.6	.2	1.9	*	.0
SOUP, MIXTURES-----	.1	.1	.1	.1	.1	.3	*	.2	.1	.2	.1	.2
MEAT, POULTRY, FISH-----	28.5	18.3	34.7	35.1	.2	2.8	22.6	12.6	15.7	19.0	30.3	.5
BEEF-----	9.8	5.0	12.0	8.9	.0	.6	8.6	.3	1.7	4.1	9.5	.0
BACON, SALT PORK-----	3.0	4.9	1.6	11.8	*	.2	1.1	.0	1.7	.8	1.2	.0
OTHER PORK-----	5.7	3.9	5.8	7.9	*	.3	4.2	.0	8.2	2.8	4.7	.0
LIVER-----	.3	.1	.5	.1	*	*	1.4	8.2	.2	3.0	1.2	.5
LUNCHMEAT, FRANKFURTERS-----	2.5	1.9	2.9	3.7	.1	.1	2.1	.3	2.2	2.1	2.6	.0
OTHER MEAT-----	.4	.1	.5	.1	*	*	.3	.0	.1	.2	.6	.0
POULTRY-----	4.4	1.8	8.3	2.0	*	.5	4.0	3.6	1.0	5.4	8.1	.0
FISH, SHELLFISH-----	2.4	.7	3.1	.7	*	1.1	.9	.2	.5	.7	2.4	*
OTHER PROTEIN FOOD-----	4.7	4.7	10.6	5.7	2.4	3.8	10.4	8.4	6.2	7.0	4.9	.2
EGGS-----	3.1	2.2	5.9	3.5	.1	2.2	5.1	8.0	2.3	5.5	.2	.0
DRY LEGUMES-----	.7	1.4	3.1	.2	2.0	1.3	4.5	.1	3.1	1.0	1.2	.1
NUTS, PEANUT BUTTER-----	.7	1.0	1.4	2.0	.3	.3	.6	*	.6	.3	3.4	*
SOUP, MIXTURES-----	.2	.1	.1	.1	.1	*	.1	.2	.1	.1	.1	*
ALL VEGETABLES-----	19.3	6.5	9.1	1.3	10.9	8.4	15.9	37.2	17.3	10.3	15.0	61.1
POTATOES-----	2.6	2.2	1.9	.5	3.6	.6	2.7	*	3.8	1.4	5.7	10.6
DARK GREEN-----	.6	.1	.2	*	.1	.7	.5	5.8	.4	.5	.3	5.0
DEEP YELLOW-----	.3	.2	.1	*	.3	.2	.3	8.4	.2	.2	.2	.8
TOMATOES-----	4.8	.7	1.0	.2	1.3	1.0	2.5	12.5	3.1	1.6	2.9	18.7
OTHER-----	10.8	3.3	5.8	.5	5.5	5.8	9.8	9.5	9.7	6.5	5.9	25.8
SOUP, MIXTURES-----	.2	.1	.1	*	.1	*	.1	.9	.1	*	.1	.1
ALL FRUIT-----	7.8	3.1	1.3	.3	6.2	2.0	5.4	20.5	4.5	3.1	3.1	31.1
CITRUS-----	1.1	.4	.2	*	.8	.4	.5	.7	1.1	.3	.3	12.8
OTHER VITAMIN C-RICH-----	1.0	.2	.1	*	.4	.2	.3	6.6	.3	.2	.4	5.7
OTHER-----	5.6	2.5	1.0	.3	5.1	1.4	4.6	13.2	3.1	2.6	2.4	12.7
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	8.0	24.1	22.4	3.6	39.6	25.4	34.7	.4	45.7	24.0	30.2	.2
FLOUR-----	1.9	8.9	8.4	.6	15.0	13.6	12.3	*	17.0	9.1	11.4	.0
CEREAL, PASTES-----	2.7	9.0	7.3	.9	15.4	6.3	13.3	.3	17.7	6.1	11.2	.1
BREAD-----	2.7	5.0	5.6	1.3	7.5	4.6	7.7	*	8.8	5.6	6.4	.0
OTHER BAKERY PRODUCTS-----	.7	1.3	1.2	.7	1.8	.8	1.4	.1	2.2	1.2	1.3	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	3.8	6.2	3.6	4.1	8.5	2.3	2.7	.9	1.9	1.7	1.9	.2
FLOUR-----	.4	.7	.2	.4	1.0	.6	.2	*	.1	.2	.1	.0
CEREAL, PASTES-----	.3	1.4	1.0	.1	2.4	.2	.7	*	.9	.3	.7	.0
BREAD-----	*	.1	.1	*	.1	.1	.1	*	.1	*	*	.0
OTHER BAKERY PRODUCTS-----	2.4	3.5	1.8	2.9	4.3	1.2	1.4	.4	.7	.9	.8	.0
SOUP, MIXTURES-----	.7	.6	.4	.6	.7	.2	.4	.4	.3	.2	.3	.2
FATS, OILS-----	3.9	14.8	.2	37.5	.2	.4	.2	8.9	.1	.1	*	*
BUTTER-----	.6	.9	*	2.3	*	.1	.0	2.1	.0	.0	.0	.0
MARGARINE-----	.7	2.7	.1	7.0	*	.2	.0	6.4	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.0	2.9	.1	7.3	.2	.1	.2	.3	.1	.1	*	*
LARD-----	1.0	6.5	*	16.4	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.4	1.8	*	4.5	*	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	7.2	12.2	.4	.5	25.0	2.1	4.3	.3	.8	.7	.5	2.2
SUGAR, SIRUP, JELLY, CANDY-----	4.1	10.6	.3	.5	21.6	1.9	4.2	.1	.7	.7	.5	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.2	.1	*	*	.3	.2	*	.3	*	*	*	1.7
NO ADDED VITAMIN C-----	3.0	1.5	.1	*	3.1	*	*	*	*	*	*	*
OTHER FOOD-----	4.3	.5	.2	.1	1.0	3.5	3.1	.1	.2	1.3	12.0	.0
ALCOHOLIC BEVERAGE-----	.3	*	*	.0	*	*	.0	.0	*	*	.1	.0
SOME NUTRITIVE VALUE-----	3.3	.5	.2	.1	1.0	3.5	3.1	.1	.2	1.2	11.9	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

SOUTH

RURAL FARM

FOOD GROUP #	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,599	103.8	162.2	436.8	1,247	21.0	9,690	1.85	2.43	25.1	93	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.5	9.7	17.8	11.8	6.1	48.6	.7	8.0	8.0	34.3	2.1	5.2
MILK-----	10.4	7.4	14.6	8.5	4.9	41.2	.2	5.8	7.2	30.4	1.9	4.8
CREAM, ICE CREAM-----	1.6	1.3	1.0	1.6	1.1	2.8	.1	1.0	.6	2.1	.1	.3
CHEESE-----	1.3	.9	2.1	1.6	.1	4.4	.4	1.1	.2	1.7	*	.0
SOUP, MIXTURES-----	.2	.1	.1	.1	.1	.2	*	.1	.1	.2	.1	.2
MEAT, POULTRY, FISH-----	32.9	19.3	35.7	36.5	.2	2.8	23.9	9.9	16.9	20.0	32.6	.7
BEEF-----	10.2	4.7	11.1	8.3	.0	.5	8.2	.2	1.6	3.8	8.7	.0
BACON, SALT PORK-----	3.5	5.3	1.7	12.4	*	.2	1.2	.0	1.8	.8	1.3	.0
OTHER PORK-----	7.0	4.1	6.1	8.3	*	.3	4.5	.0	8.9	3.0	5.0	.0
LIVER-----	.4	.1	.7	.1	*	*	2.1	6.6	.3	3.9	1.6	.6
LUNCHMEAT, FRANKFURTERS-----	2.7	1.8	2.7	3.6	.1	.1	2.1	.4	2.1	2.2	2.5	.0
OTHER MEAT-----	1.0	.3	1.0	.3	*	.1	.4	*	.2	.4	1.6	*
POULTRY-----	5.4	2.3	9.3	2.8	.0	.5	4.3	2.6	1.4	5.1	9.5	.0
FISH, SHELLFISH-----	2.7	.6	3.1	.6	*	1.1	1.1	.1	.6	.7	2.4	*
OTHER PROTEIN FOOD-----	6.5	5.8	11.6	7.6	3.1	4.1	11.9	5.6	7.8	7.0	6.5	.3
EGGS-----	3.5	2.0	5.4	3.1	.1	1.9	4.8	5.3	2.2	5.1	.2	.0
DRY LEGUMES-----	.9	1.7	3.6	.3	2.4	1.6	5.6	.1	3.0	1.2	1.4	.2
NUTS, PEANUT BUTTER-----	1.7	2.0	2.3	4.0	.5	.6	1.3	.1	2.5	.6	4.8	.1
SOUP, MIXTURES-----	.3	.2	.3	.2	.1	.1	.2	.1	.1	.1	.2	.1
ALL VEGETABLES-----	13.5	6.0	6.9	.9	10.7	9.5	13.9	66.1	13.2	8.6	11.8	61.4
POTATOES-----	1.9	2.0	1.8	.4	3.5	.5	2.6	*	3.7	1.4	5.4	11.3
DARK GREEN-----	1.4	.3	.9	.1	.4	4.4	2.2	19.9	1.7	2.6	1.0	19.5
DEEP YELLOW-----	1.5	1.5	.8	.1	2.9	1.3	1.8	37.3	2.2	1.2	1.2	8.8
TOMATOES-----	2.0	.4	.5	.1	.7	.4	1.4	4.1	1.3	.7	1.4	7.7
OTHER-----	6.3	1.7	2.8	.2	3.0	2.8	5.8	3.9	4.3	2.6	2.6	13.9
SOUP, MIXTURES-----	.3	.1	.1	.1	.1	*	.1	.9	.1	.1	.1	.2
ALL FRUIT-----	6.0	2.7	.8	.2	5.7	1.6	3.1	2.4	3.7	1.8	1.8	30.0
CITRUS-----	1.5	.6	.4	.1	1.3	.9	.8	.9	2.0	.5	.6	23.1
OTHER VITAMIN C-RICH-----	.3	.1	*	*	.2	*	.1	.1	*	.1	.1	1.7
OTHER-----	4.1	2.0	.5	.2	4.2	.6	2.2	1.4	1.7	1.2	1.1	5.3
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	8.6	24.5	22.4	3.4	41.3	24.6	35.6	.3	46.8	24.5	30.4	.2
FLOUR-----	2.0	8.9	8.3	.6	15.4	14.1	12.5	*	17.1	9.2	11.3	.0
CEREAL, PASTES-----	3.1	9.7	7.8	1.0	17.1	5.6	14.6	.2	19.3	8.9	12.0	.1
BREAD-----	2.7	4.5	5.1	1.2	7.0	4.1	7.2	*	8.1	5.2	5.8	.0
OTHER BAKERY PRODUCTS-----	.8	1.3	1.2	.7	1.8	.8	1.4	.1	2.2	1.3	1.3	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN---	4.1	6.4	4.1	3.8	9.2	2.5	3.1	.7	2.6	1.8	2.4	.3
FLOUR-----	.4	.7	.4	.3	1.2	.4	.2	*	.1	.2	.1	.0
CEREAL, PASTES-----	.5	1.8	1.4	.2	3.2	.6	1.1	*	1.5	.4	1.1	.0
BREAD-----	*	*	*	*	*	*	*	.0	*	*	*	.0
OTHER BAKERY PRODUCTS-----	2.5	3.3	1.7	2.6	4.2	1.2	1.3	.3	.6	.9	.7	*
SOUP, MIXTURES-----	.8	.6	.5	.6	.6	.2	.4	.4	.3	.3	.4	.3
FATS, OILS-----	4.2	14.3	.2	35.3	.2	.4	.1	6.7	.1	.1	*	*
BUTTER-----	.9	1.1	*	2.7	*	.1	.0	1.8	.0	.0	.0	.0
MARGARINE-----	.8	2.7	.1	6.8	*	.2	.0	4.6	.0	.0	.0	.0
OIL, SALAD DRESSING-----	.9	2.5	.1	6.0	.2	.1	.1	.2	.1	.1	*	*
LARD-----	1.1	5.8	.0	14.3	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.5	2.2	*	5.5	*	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	6.8	10.8	.4	.6	22.5	2.1	4.7	.2	.8	.8	.5	1.9
SUGAR, SIRUP, JELLY, CANDY-----	4.2	9.6	.3	.5	19.9	1.9	4.6	*	.8	.8	.5	.4
OTHER SWEETS---												
ADDED VITAMIN C-----	.1	.1	*	*	.2	.1	*	.2	*	*	*	1.5
NO ADDED VITAMIN C-----	2.5	1.1	.1	*	2.4	.1	.1	*	*	*	*	*
OTHER FOOD-----	4.0	.5	.1	.1	1.1	3.8	2.9	*	.1	1.1	11.9	.0
ALCOHOLIC BEVERAGE-----	.1	*	*	.0	*	*	*	.0	.0	*	*	.0
SOME NUTRITIVE VALUE-----	3.0	.5	.1	.1	1.1	3.7	2.9	*	.1	1.1	11.9	.0
NO NUTRITIVE VALUE-----	.8	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

SOUTH

KURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		3,584	104.1	162.3	433.3	1,264	21.5	8,280	1.84	2.46	24.9	91
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.8	10.1	19.0	12.2	6.3	51.4	.8	9.8	8.6	36.1	2.3	5.7
MILK-----	10.6	7.9	15.6	8.7	5.3	43.5	.3	6.9	7.8	32.1	2.0	5.2
CREAM, ICE CREAM-----	1.4	1.1	.8	1.5	.8	2.2	.1	1.2	.4	1.6	.1	.3
CHEESE-----	1.6	1.1	2.5	1.9	.1	5.4	.4	1.5	.2	2.1	*	.0
SOUP, MIXTURES-----	.2	.1	.1	.1	.1	.3	.1	.2	.2	.3	.1	.3
MEAT, POULTRY, FISH-----	33.3	18.8	34.3	35.4	.2	2.5	23.7	10.6	17.7	19.6	31.6	.8
BEEF-----	11.3	5.1	12.0	8.8	.0	.6	8.7	.3	1.8	4.1	9.6	.0
BACON, SALT PORK-----	3.0	4.5	1.5	10.6	*	.1	1.0	.0	1.6	.7	1.1	.0
OTHER PORK-----	9.0	5.0	7.2	10.0	*	.3	5.2	.0	10.5	3.5	5.9	.0
LIVER-----	.4	.1	.7	.1	*	*	2.6	7.3	.3	4.3	1.9	.7
LUNCHMEAT, FRANKFURTERS-----	2.3	1.5	2.3	3.0	.1	.1	1.8	.5	1.9	1.9	2.2	.0
OTHER MEAT-----	1.2	.3	1.0	.4	*	.1	.4	*	.2	.4	1.6	*
POULTRY-----	4.1	1.6	6.9	1.8	*	.4	3.2	2.5	.9	4.2	7.0	.0
FISH, SHELLFISH-----	2.0	.6	2.6	.7	*	.9	.9	.1	.4	.6	2.3	*
OTHER PROTEIN FOOD-----	6.4	5.9	12.5	6.8	3.6	4.5	13.2	7.3	8.2	7.6	5.7	.3
EGGS-----	3.8	2.2	6.0	3.4	.1	2.1	5.2	6.8	2.4	5.6	.2	.0
DRY LEGUMES-----	1.1	2.1	4.6	.3	3.1	2.0	7.0	.2	4.1	1.5	1.7	.2
NUTS, PEANUT BUTTER-----	1.2	1.4	1.6	2.9	.4	.4	.9	*	1.6	.4	3.5	.1
SOUP, MIXTURES-----	.2	.1	.2	.1	.1	*	.2	.2	.1	.1	.1	.1
ALL VEGETABLES-----	13.0	5.7	6.4	.9	10.1	7.5	12.9	59.7	11.8	7.1	11.5	52.4
POTATOES-----	2.0	2.1	1.9	.4	3.7	.5	2.6	.0	3.8	1.4	5.6	11.8
DARK GREEN-----	1.1	.2	.6	.1	.3	2.7	1.5	16.0	.9	1.5	.7	11.6
DEEP YELLOW-----	1.3	1.1	.6	.1	2.1	1.0	1.3	33.1	1.5	.9	.9	6.2
TOMATOES-----	1.7	.4	.5	.1	.7	.3	1.4	4.9	1.3	.7	1.5	7.6
OTHER-----	6.7	1.8	2.8	.2	3.2	2.9	5.9	4.7	4.2	2.7	2.7	14.9
SOUP, MIXTURES-----	.3	.1	.1	*	.1	*	.1	1.1	.1	.1	.1	.2
ALL FRUIT-----	6.9	3.1	1.0	.2	6.5	1.9	3.6	3.6	4.3	2.1	2.3	39.4
CITRUS-----	2.0	.8	.5	.1	1.7	1.2	1.0	1.3	2.6	.7	.8	30.6
OTHER VITAMIN C-RICH-----	.5	.1	*	*	.3	.1	.2	*	*	.1	.1	2.5
OTHER-----	4.4	2.1	.5	.1	4.5	.7	2.4	2.3	1.6	1.3	1.4	6.4
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP +	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	8.1	23.8	22.0	3.5	40.2	23.7	33.8	.4	45.5	23.4	29.5	.1
FLOUR-----	2.0	9.1	8.5	.6	15.9	13.9	12.5	*	17.6	9.3	11.7	.0
CEREAL, PASTES-----	2.8	9.1	7.5	1.1	15.8	5.3	13.3	.3	18.0	8.1	11.0	*
BREAD-----	2.5	4.3	4.8	1.1	6.7	3.8	6.7	*	7.8	4.9	5.6	.0
OTHER BAKERY PRODUCTS-----	.8	1.3	1.1	.7	1.8	.7	1.3	*	2.0	1.1	1.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.1	6.4	4.0	3.7	9.2	2.5	3.1	.7	2.7	1.7	2.5	.2
FLOUR-----	.4	.7	.3	.4	1.1	.7	.3	*	.1	.2	.1	.0
CEREAL, PASTES-----	.6	1.9	1.5	.2	3.4	.5	1.1	*	1.6	.4	1.2	.0
BREAD-----	.1	.1	.1	*	.1	.1	.1	.0	.1	*	.1	.0
OTHER BAKERY PRODUCTS-----	2.2	3.1	1.6	2.5	3.9	1.0	1.3	.3	.6	.8	.8	*
SOUP, MIXTURES-----	.8	.6	.5	.5	.6	.3	.3	.4	.3	.3	.4	.2
FATS, OILS-----	4.1	14.8	.2	36.4	.2	.4	.2	7.9	.1	.1	*	*
BUTTER-----	.7	.9	*	2.2	*	.1	.0	1.7	.0	.0	.0	.0
MARGARINE-----	.8	3.0	.1	7.5	*	.2	.0	6.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.0	2.8	.1	6.8	.2	.1	.2	.2	.1	.1	*	*
LARD-----	1.0	5.6	*	13.8	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	2.5	*	6.2	*	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	6.2	10.8	.5	.7	22.4	2.0	5.1	.1	1.0	.8	.6	1.1
SUGAR, SIRUP, JELLY, CANDY-----	4.0	9.7	.4	.7	20.1	1.9	5.0	.1	.9	.8	.5	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.1	.1	*	*	.1	.1	*	*	*	*	*	.6
NO ADDED VITAMIN C-----	2.1	1.0	.1	*	2.2	*	*	*	*	*	*	*
OTHER FOOD-----	4.2	.6	.2	.1	1.3	3.6	3.6	*	.1	1.4	14.2	.0
ALCOHOLIC BEVERAGE-----	.1	*	*	.0	*	*	*	.0	*	*	*	.0
SOME NUTRITIVE VALUE-----	3.4	.6	.2	.1	1.3	3.6	3.6	*	.1	1.4	14.2	.0
NO NUTRITIVE VALUE-----	.6	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

SOUTH

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		702	28.8	41.0	57.2	337	4.8	3,810	.41	.73	5.1	43
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	5.5	3.7	6.8	4.7	2.2	18.9	*	4.0	3.4	14.0	.9	2.4
MILK-----	4.9	3.4	6.5	4.1	2.2	18.5	*	3.5	3.3	13.6	.9	2.3
CREAM, ICE CREAM-----	.4	.3	.1	.5	.1	.3	*	.5	.1	.3	*	*
CHEESE-----	.1	*	.2	*	*	.1	*	*	*	.1	*	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
MEAT, POULTRY, FISH-----	11.1	5.8	11.7	10.7	*	.6	8.0	3.7	6.0	6.2	10.5	.2
BEEF-----	4.6	2.0	4.8	3.6	*	.2	3.5	.1	.7	1.6	3.8	.0
BACON, SALT PORK-----	.6	1.1	.3	2.5	*	*	.2	.0	.3	.2	.2	.0
OTHER PORK-----	3.2	1.8	2.9	3.5	*	.1	2.1	.0	4.3	1.4	2.4	.0
LIVER-----	.1	*	.2	*	*	*	.8	2.6	.1	1.4	.6	.2
LUNCHMEAT, FRANKFURTERS-----	*	*	*	*	*	*	*	.1	*	*	*	.0
OTHER MEAT-----	.5	.1	.4	.2	*	*	.2	*	.1	.2	.7	*
POULTRY-----	1.3	.6	2.2	.7	*	.1	1.0	.9	.3	1.3	2.3	.0
FISH, SHELLFISH-----	.8	.1	.8	.1	*	.1	.2	*	.2	.1	.3	.0
OTHER PROTEIN FOOD-----	2.0	1.5	3.6	2.2	.5	1.3	3.5	3.6	2.3	3.0	.7	*
EGGS-----	1.6	1.0	2.9	1.6	*	1.0	2.5	3.5	1.2	2.7	.1	.0
DRY LEGUMES-----	.1	.2	.5	*	.3	.2	.8	*	.6	.2	.2	*
NUTS, PEANUT BUTTER-----	.3	.3	.2	.6	.1	.1	.2	*	.5	.1	.4	*
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*
ALL VEGETABLES-----	10.1	3.4	4.7	.4	6.1	5.5	8.9	33.7	8.8	5.6	7.3	36.9
POTATOES-----	1.2	1.0	.9	*	1.8	.3	1.3	*	1.9	.7	2.8	6.1
DARK GREEN-----	.7	.1	.4	*	.2	1.9	1.0	10.8	.7	1.1	.4	8.5
DEEP YELLOW-----	.5	.5	.3	*	.9	.4	.6	14.2	.7	.4	.4	2.7
TOMATOES-----	1.7	.2	.3	*	.4	.3	.9	3.9	1.0	.5	1.0	7.3
OTHER-----	5.9	1.6	2.7	.2	2.8	2.6	5.1	4.6	4.4	2.8	2.7	12.3
SOUP, MIXTURES-----	.1	*	*	*	*	*	*	.1	*	*	*	*
ALL FRUIT-----	2.4	.8	.2	.1	1.8	.4	1.2	3.2	.8	.7	.6	6.8
CITRUS-----	*	*	*	*	*	*	*	*	*	*	*	.5
OTHER VITAMIN C-RICH-----	.5	.1	*	*	.2	.1	.2	1.1	.1	.1	.1	3.0
OTHER-----	1.8	.7	.2	.1	1.5	.3	1.0	2.1	.6	.6	.4	3.3
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	*	.1	.1	*	.2	.2	.2	*	.2	.1	.2	.0
FLOUR-----	*	.1	.1	*	.1	.1	.1	.0	.1	.1	.1	.0
CEREAL, PASTES-----	*	.1	.1	*	.1	*	.1	*	.1	.1	.1	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
GRAIN, NOT ENRICHED OR WHOLE GRAIN-----	.1	.4	.4	.1	.7	.1	.3	*	.5	.1	.2	*
FLOUR-----	*	.1	.1	*	.1	*	*	.0	*	*	*	.0
CEREAL, PASTES-----	.1	.3	.3	.1	.6	*	.3	*	.4	.1	.2	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*
FATS, OILS-----	.9	2.9	*	7.1	*	*	.0	1.3	.0	.0	.0	.0
BUTTER-----	.5	.6	*	1.5	*	*	.0	1.3	.0	.0	.0	.0
MARGARINE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
LARD-----	.4	2.3	*	5.6	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	.8	.7	*	*	1.5	.2	.7	*	.1	.1	.1	.3
SUGAR, SIRUP, JELLY, CANDY-----	.8	.7	*	*	1.5	.2	.7	*	.1	.1	.1	.3
OTHER SWEETS-----												
ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO ADDED VITAMIN C-----	*	*	*	.0	*	*	.0	*	.0	*	*	*
OTHER FOOD-----	*	*	*	.0	*	*	*	.0	.0	*	*	.0
ALCOHOLIC BEVERAGE-----	*	*	*	.0	*	*	*	.0	.0	*	*	.0
SOME NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

SOUTH

RURAL FARM

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		674	27.7	43.4	44.4	308	4.4	2,470	.34	.66	4.4	28
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	5.3	3.6	6.4	4.5	2.1	17.7	*	5.0	3.2	13.2	.8	2.6
MILK-----	4.6	3.2	6.1	3.7	2.1	17.2	*	4.1	3.1	12.7	.8	2.5
CREAM, ICE CREAM-----	.6	.3	.2	.7	*	.4	*	.8	*	.3	*	*
CHEESE-----	*	*	.2	*	*	*	*	*	*	.1	*	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
MEAT, POULTRY, FISH-----	12.1	6.6	13.0	12.1	*	.7	8.9	4.3	7.4	6.5	11.3	.2
BEEF-----	5.0	2.3	5.3	4.0	*	.3	3.9	.2	.8	1.8	4.4	.0
BACON, SALT PORK-----	.6	1.3	.4	3.0	*	*	.3	.0	.5	.2	.3	.0
OTHER PORK-----	3.9	2.2	3.7	4.1	*	.2	2.7	.0	5.5	1.8	3.2	.0
LIVER-----	.1	*	.2	*	*	*	.7	3.0	.1	1.3	.5	.2
LUNCHMEAT, FRANKFURTERS-----	*	*	*	*	*	*	*	*	*	*	*	.0
OTHER MEAT-----	.1	*	.1	*	*	*	*	*	*	*	.2	*
POULTRY-----	1.2	.5	1.9	.7	*	*	.9	1.1	.3	1.1	2.1	.0
FISH, SHELLFISH-----	1.2	.2	1.3	.1	*	.1	.3	*	.3	.2	.6	.0
OTHER PROTEIN FOOD-----	2.1	1.5	3.7	2.2	.3	1.3	3.4	5.3	1.8	3.3	.3	*
EGGS-----	1.8	1.2	3.3	1.9	*	1.2	2.9	5.3	1.4	3.2	.1	.0
DRY LEGUMES-----	*	.1	.2	*	.2	*	.4	*	.2	*	*	*
NUTS, PEANUT BUTTER-----	.2	.1	*	.3	*	*	*	*	.3	*	.1	*
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*
ALL VEGETABLES-----	7.5	2.0	2.8	.2	3.6	3.9	6.2	23.9	5.0	3.5	4.5	25.6
POTATOES-----	1.1	.6	.6	*	1.2	.2	.9	*	1.3	.5	1.9	4.5
DARK GREEN-----	.5	*	.3	*	.1	1.5	1.1	12.4	.6	.9	.3	6.9
DEEP YELLOW-----	.2	.1	*	*	.2	*	.1	4.2	.1	*	*	.6
TOMATOES-----	.5	*	.1	*	.1	*	.4	1.8	.4	.2	.4	2.6
OTHER-----	5.1	1.1	1.7	.1	2.0	2.0	3.7	5.3	2.7	1.9	1.8	10.9
SOUP, MIXTURES-----	*	*	*	*	*	*	*	.1	*	*	*	*
ALL FRUIT-----	2.2	.7	.2	*	1.5	.4	.9	1.2	.4	.5	.5	6.7
CITRUS-----	*	*	*	*	*	*	*	*	*	*	*	.1
OTHER VITAMIN C-RICH-----	.5	.1	*	*	.3	*	.3	.2	*	.2	.2	4.4
OTHER-----	1.6	.6	.1	*	1.2	.3	.7	1.0	.3	.3	.3	2.1
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

† SEE NOTES FOLLOWING WEST, TABLE 18.

SPRING 1965 BY FOOD GROUP

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	.1	.5	.4	*	.9	.6	.7	*	.9	.5	.6	.0
FLOUR-----	*	.2	.2	*	.4	.5	.3	.0	.5	.3	.3	.0
CEREAL, PASTES-----	*	.2	.2	*	.4	.2	.3	*	.4	.2	.3	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	*	.3	.2	*	.5	.1	.2	*	.3	*	.2	*
FLOUR-----	*	*	*	*	*	*	*	.0	*	*	*	.0
CEREAL, PASTES-----	*	.2	.2	*	.4	*	.2	*	.3	*	.1	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*
FATS, OILS-----	1.0	3.1	*	7.5	*	*	.0	1.8	.0	.0	.0	.0
BUTTER-----	.5	.6	*	1.6	*	*	.0	1.7	.0	.0	.0	.0
MARGARINE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
LARD-----	.5	2.4	*	6.0	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	.8	.7	*	*	1.5	.3	.7	*	*	.1	*	.3
SUGAR, SIRUP, JELLY, CANDY-----	.8	.7	*	*	1.5	.3	.7	*	*	.1	*	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO ADDED VITAMIN C-----	*	*	*	.0	*	*	.0	*	.0	*	*	*
OTHER FOOD-----	*	*	*	.0	*	*	*	.0	.0	*	*	.0
ALCOHOLIC BEVERAGE-----	*	*	*	.0	*	*	*	.0	.0	*	*	.0
SOME NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.—MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

SOUTH

RURAL FARM

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		739	31.4	38.7	71.0	351	5.8	3,410	.51	.80	5.9	64
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	5.2	3.6	6.8	4.5	2.1	18.9	*	4.1	3.3	13.5	.8	2.0
MILK-----	4.6	3.2	6.3	3.9	2.0	18.3	.0	3.5	3.2	13.0	.8	2.0
CREAM, ICE CREAM-----	.4	.3	.1	.6	.1	.4	*	.5	.1	.3	*	*
CHEESE-----	.2	.1	.3	.1	*	.2	*	.1	*	.2	*	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
MEAT, POULTRY, FISH-----	9.3	5.1	10.7	9.5	*	.6	7.0	3.8	5.1	5.6	9.3	.2
BEEF-----	3.8	1.7	4.2	3.1	.0	.2	3.0	.1	.6	1.4	3.3	.0
BACON, SALT PORK-----	.6	1.1	.3	2.6	*	*	.2	.0	.3	.1	.2	.0
OTHER PORK-----	2.5	1.4	2.5	2.9	*	.1	1.8	.0	3.5	1.1	2.0	.0
LIVER-----	.1	*	.2	*	*	*	.5	2.4	.1	1.0	.4	.2
LUNCHMEAT, FRANKFURTERS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER MEAT-----	.3	.1	.3	.1	*	*	.2	.0	.1	.2	.4	.0
POULTRY-----	1.4	.6	2.6	.8	*	.1	1.2	1.2	.3	1.6	2.6	.0
FISH, SHELLFISH-----	.7	.1	.7	.1	.0	.1	.2	*	.1	.2	.3	.0
OTHER PROTEIN FOOD-----	1.9	1.7	4.3	2.0	.8	1.5	4.3	4.3	2.8	3.3	.5	*
EGGS-----	1.6	1.1	3.2	1.8	.1	1.1	2.7	4.3	1.2	2.9	.1	.0
DRY LEGUMES-----	.2	.5	1.2	.1	.8	.4	1.6	*	1.5	.4	.4	*
NUTS, PEANUT BUTTER-----	*	*	*	.1	*	*	*	*	.1	*	*	*
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALL VEGETABLES-----	15.3	4.8	7.3	.6	8.2	6.7	12.3	24.2	13.8	8.3	11.2	48.5
POTATOES-----	1.7	1.4	1.3	.1	2.5	.4	1.8	*	2.7	1.0	3.9	7.6
DARK GREEN-----	.5	*	.1	*	.1	.5	.4	3.4	.3	.3	.2	3.9
DEEP YELLOW-----	.1	.1	.1	*	.2	.1	.1	3.4	.1	.1	.1	.4
TOMATOES-----	3.8	.4	.8	.1	.8	.8	1.7	9.1	2.3	1.2	2.0	14.9
OTHER-----	9.1	2.8	5.0	.4	4.7	4.9	8.3	8.1	8.4	5.6	5.1	21.7
SOUP, MIXTURES-----	*	*	*	*	*	*	*	.1	*	*	*	*
ALL FRUIT-----	3.5	1.3	.5	.2	2.6	.8	2.3	9.9	1.6	1.3	1.1	10.0
CITRUS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER VITAMIN C-RICH-----	.7	.1	.1	*	.2	.1	.2	3.9	.2	.2	.2	3.7
OTHER-----	2.8	1.1	.4	.1	2.3	.7	2.1	6.0	1.5	1.2	.8	6.3
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

SOUTH

KUKAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--*		.1	.1	*	.1	*	.1	*	.1	*	.1	*
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	*	.1	.1	*	.1	*	.1	.0	.1	*	*	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*
FATS, OILS-----	.8	2.8	*	7.2	*	.1	.0	1.6	.0	.0	.0	.0
BUTTER-----	.5	.7	*	1.7	*	.1	.0	1.6	.0	.0	.0	.0
MARGARINE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
LARD-----	.4	2.2	*	5.5	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	.9	.8	*	*	1.7	.2	.7	*	.1	.1	.1	.3
SUGAR, SIRUP, JELLY, CANDY-----	.9	.8	*	*	1.7	.2	.7	*	.1	.1	.1	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER FOOD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALCOHOLIC BEVERAGE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOME NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

SOUTH

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		661	27.0	36.8	57.9	352	4.3	5,530	.37	.70	4.9	43
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	5.7	3.8	7.1	4.8	2.3	19.5	*	3.2	3.5	14.6	.9	2.5
MILK-----	5.4	3.6	6.9	4.4	2.3	19.2	.0	3.0	3.5	14.4	.9	2.4
CREAM, ICE CREAM-----	.3	.2	.1	.4	*	.2	*	.3	*	.2	*	*
CHEESE-----	.1	*	.1	*	*	.1	*	*	*	.1	*	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
MEAT, POULTRY, FISH-----	10.3	4.9	10.6	8.8	*	.6	7.2	3.1	4.2	5.5	9.8	.2
BEEF-----	4.8	2.0	4.7	3.6	.0	.2	3.5	.1	.7	1.6	3.7	.0
BACON, SALT PORK-----	.4	.8	.2	1.8	*	*	.1	.0	.2	.1	.1	.0
OTHER PORK-----	2.0	1.2	1.8	2.3	*	.1	1.3	.0	2.6	.8	1.5	.0
LIVER-----	.1	*	.2	*	*	*	.7	2.2	.1	1.3	.6	.2
LUNCHMEAT, FRANKFURTERS-----	*	*	*	*	*	*	*	.1	*	*	*	.0
OTHER MEAT-----	.7	.2	.7	.3	*	*	.3	*	.1	.2	1.3	*
POULTRY-----	1.5	.6	2.4	.8	.0	.1	1.1	.7	.3	1.4	2.4	.0
FISH, SHELLFISH-----	.7	.1	.6	*	*	.1	.1	*	.2	.1	.3	.0
OTHER PROTEIN FOOD-----	2.1	1.5	3.0	2.6	.3	1.0	2.7	2.2	2.4	2.3	1.2	*
EGGS-----	1.4	.8	2.2	1.2	*	.8	1.9	2.1	.9	2.1	.1	.0
DRY LEGUMES-----	.1	.1	.2	*	.2	.1	.4	*	.2	.1	.1	.0
NUTS, PEANUT BUTTER-----	.6	.6	.6	1.3	.1	.2	.4	*	1.3	.2	1.1	*
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALL VEGETABLES-----	8.7	3.7	4.5	.3	6.7	6.7	9.2	47.0	8.7	5.8	6.9	40.1
POTATOES-----	.9	1.0	1.0	*	1.9	.3	1.4	.0	2.0	.7	2.8	6.1
DARK GREEN-----	1.2	.2	.7	.1	.3	3.7	1.8	16.1	1.4	2.1	.8	16.2
DEEP YELLOW-----	1.1	1.1	.6	.1	2.2	1.0	1.3	26.3	1.6	.9	.9	6.6
TOMATOES-----	1.1	.1	.2	*	.2	.2	.7	2.0	.7	.3	.7	4.4
OTHER-----	4.3	1.2	2.0	.1	2.1	1.7	4.1	2.4	3.1	1.7	1.7	6.7
SOUP, MIXTURES-----	.1	*	*	*	*	*	*	.1	*	*	*	.1
ALL FRUIT-----	1.6	.6	.1	*	1.2	.2	.6	.5	.3	.3	.3	3.3
CITRUS-----	*	*	*	*	*	*	*	*	*	*	*	*
OTHER VITAMIN C-RICH-----	.3	.1	*	*	.2	*	.1	.1	*	.1	.1	1.6
OTHER-----	1.3	.5	.1	*	1.1	.1	.5	.4	.3	.3	.2	1.6
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
*GRAIN, ENRICHED OR WHOLE GRAIN-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	.3	.8	.7	.2	1.4	.1	.6	*	.8	.2	.5	*
FLOUR-----	*	.2	.2	*	.3	*	.1	.0	*	*	.1	.0
CEREAL, PASTES-----	.1	.6	.5	.1	1.0	.1	.5	*	.8	.2	.4	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOUP, MIXTURES-----	.1	.1	*	.1	.1	*	*	*	*	*	*	*
FATS, OILS-----	.8	2.4	*	5.9	*	*	.0	1.0	.0	.0	.0	.0
BUTTER-----	.5	.6	*	1.5	*	*	.0	1.0	.0	.0	.0	.0
MARGARINE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
LARD-----	.3	1.8	.0	4.4	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	.7	.6	*	*	1.3	.1	.5	*	*	.1	.1	.3
SUGAR, SIRUP, JELLY, CANDY-----	.7	.6	*	*	1.3	.1	.5	*	*	.1	.1	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER FOOD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALCOHOLIC BEVERAGE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOME NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.—MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

SOUTH

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	741	28.6	47.1	52.5	334	4.7	3,870	.39	.73	5.0	32	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	5.8	4.0	7.3	5.1	2.4	19.8	*	4.0	3.7	14.9	1.0	2.6
MILK-----	5.3	3.8	7.1	4.6	2.4	19.5	*	3.6	3.6	14.6	.9	2.5
CREAM, ICE CREAM-----	.4	.2	.1	.5	*	.3	*	.4	.1	.2	*	*
CHEESE-----	.1	*	.1	*	*	.1	*	*	*	.1	*	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
MEAT, POULTRY, FISH-----	13.4	7.0	12.8	13.1	*	.7	9.4	4.1	7.8	7.4	12.1	.3
BEEF-----	5.1	2.1	5.1	3.6	.0	.2	3.7	.1	.8	1.7	4.1	.0
BACON, SALT PORK-----	.8	1.2	.4	2.9	*	*	.3	.0	.4	.2	.3	.0
OTHER PORK-----	5.0	2.7	4.1	5.4	*	.2	3.0	.0	6.0	2.0	3.4	.0
LIVER-----	.2	.1	.3	*	*	*	1.3	3.0	.2	2.0	.9	.3
LUNCHMEAT, FRANKFURTERS-----	.1	*	*	.1	*	*	.1	.2	*	.2	.1	.0
OTHER MEAT-----	.8	.2	.7	.2	*	*	.3	*	.2	.3	1.2	*
POULTRY-----	1.1	.5	1.8	.7	*	.1	.8	.7	.2	.9	1.9	.0
FISH, SHELLFISH-----	.3	.1	.3	.1	.0	*	.1	*	.1	.1	.2	.0
OTHER PROTEIN FOOD-----	2.1	1.4	3.3	2.2	.3	1.2	3.1	3.2	2.1	2.8	.5	*
EGGS-----	1.7	1.0	2.8	1.6	*	1.0	2.4	3.2	1.1	2.6	.1	.0
DRY LEGUMES-----	.1	.2	.4	*	.2	.1	.5	*	.3	.1	.1	*
NUTS, PEANUT BUTTER-----	.3	.3	.2	.6	.1	.1	.2	*	.6	.1	.3	*
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALL VEGETABLES-----	7.2	2.9	3.4	.3	5.2	4.1	7.1	33.7	6.3	3.9	5.6	25.7
POTATOES-----	.8	.9	.8	*	1.6	.2	1.1	.0	1.7	.6	2.4	5.3
DARK GREEN-----	.7	.1	.4	*	.2	1.7	.9	10.0	.6	.9	.4	7.2
DEEP YELLOW-----	.7	.7	.3	.1	1.3	.6	.8	18.5	.9	.5	.5	3.8
TOMATOES-----	.8	.1	.2	*	.2	.1	.7	2.2	.6	.3	.7	3.9
OTHER-----	4.1	1.1	1.7	.1	2.0	1.5	3.6	2.9	2.5	1.5	1.6	5.5
SOUP, MIXTURES-----	*	*	*	*	*	*	*	.1	*	*	*	*
ALL FRUIT-----	1.9	.8	.1	*	1.6	.3	.8	.8	.5	.4	.4	6.3
CITRUS-----	.2	.1	*	*	.1	.1	.1	.1	.2	.1	.1	2.3
OTHER VITAMIN C-RICH-----	.4	.1	*	*	.2	*	.1	*	*	.1	.1	2.1
OTHER-----	1.3	.6	.1	*	1.3	.2	.6	.7	.3	.3	.3	1.9
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

SOUTH

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	.2	.5	.5	.1	.9	.1	.5	.0	.7	.2	.4	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.2	.5	.5	.1	.9	.1	.5	.0	.7	.2	.4	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FATS, OILS-----	.9	3.3	*	8.2	*	*	.0	1.0	.0	.0	.0	.0
BUTTER-----	.4	.5	*	1.2	*	*	.0	1.0	.0	.0	.0	.0
MARGARINE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
LARD-----	.5	2.8	*	7.0	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	.8	.7	*	*	1.6	.2	.8	*	.1	.1	.1	.3
SUGAR, SIRUP, JELLY, CANDY-----	.8	.7	*	*	1.6	.2	.8	*	.1	.1	.1	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER FOOD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALCOHOLIC BEVERAGE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOME NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 7.--FOOD ENERGY, PROTEIN

SOUTH

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY ‡													
	FOOD ENERGY, IN CALORIES							PROTEIN, IN GRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 1,933 (3)	1,933- 2,899 (4)	2,900- 3,899 (5)	3,900- 4,899 (6)	4,900- 5,899 (7)	5,900 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 46.7 (10)	46.7- 69.9 (11)	70.0- 99.9 (12)	100.0- 119.9 (13)	120.0- 149.9 (14)	150.0 AND OVER (15)
ALL URBANIZATIONS														
ALL HOUSEHOLDS, YEAR-	100.0	1.1	7.8	24.6	27.3	17.4	21.6	100.0	1.1	5.1	22.0	22.7	25.4	23.8
SPRING-----	100.0	.8	8.4	23.8	25.9	18.8	22.4	100.0	.8	5.4	20.6	22.2	26.5	24.4
SUMMER-----	100.0	1.7	9.0	22.5	27.6	16.2	22.9	100.0	1.0	6.5	21.5	21.2	26.9	22.7
FALL-----	100.0	1.0	7.1	24.5	26.9	17.6	23.0	100.0	1.3	3.8	21.9	23.3	22.6	27.1
WINTER-----	100.0	1.0	6.7	27.9	29.0	17.2	18.3	100.0	1.0	4.6	23.8	24.0	25.5	21.2
UNDER 1,000-----	100.0	2.5	10.9	18.9	16.3	16.5	34.8	100.0	3.8	13.1	22.5	21.2	16.6	22.8
1,000-1,999-----	100.0	2.0	9.4	24.6	21.8	16.5	25.8	100.0	2.2	8.0	30.5	19.8	18.5	21.0
2,000-2,999-----	100.0	2.6	12.3	22.5	21.8	17.6	23.3	100.0	2.3	9.5	27.1	21.0	21.3	18.9
3,000-3,999-----	100.0	.5	12.5	24.0	26.5	16.6	19.7	100.0	1.6	7.4	25.7	20.8	23.5	21.0
4,000-4,999-----	100.0	1.5	5.5	28.8	27.7	14.7	21.7	100.0	.4	3.9	21.5	24.5	25.9	23.9
5,000-5,999-----	100.0	.6	7.4	22.4	28.1	19.9	21.5	100.0	.6	2.6	19.6	20.8	27.9	28.5
6,000-6,999-----	100.0	.0	6.2	26.7	30.9	17.2	18.9	100.0	.1	1.1	22.5	25.3	25.9	25.2
7,000-7,999-----	100.0	1.8	4.6	23.3	34.9	17.4	18.0	100.0	.0	3.6	16.7	23.6	29.5	26.8
8,000-8,999-----	100.0	.0	6.5	23.4	31.1	21.3	17.4	100.0	.0	1.3	17.4	23.6	34.6	23.1
9,000-9,999-----	100.0	.0	5.4	31.2	31.7	15.4	16.3	100.0	.0	3.9	17.4	22.9	31.6	24.2
10,000-14,999-----	100.0	.0	2.4	26.9	32.8	20.5	17.4	100.0	.0	.1	13.8	28.6	29.2	28.3
15,000 AND OVER-----	100.0	1.4	3.4	28.9	33.9	18.0	14.4	100.0	.0	2.9	12.3	24.8	34.6	25.4
URBAN														
ALL HOUSEHOLDS, YEAR-	100.0	1.4	9.0	26.8	27.1	16.7	18.9	100.0	1.0	5.0	22.7	23.0	25.2	23.1
SPRING-----	100.0	1.1	9.2	25.5	26.5	17.7	20.1	100.0	.8	4.7	21.4	22.3	26.5	24.3
SUMMER-----	100.0	2.3	11.2	23.1	27.6	17.3	18.5	100.0	1.3	6.9	21.8	20.5	28.1	21.3
FALL-----	100.0	1.1	8.0	26.6	27.0	16.0	21.2	100.0	1.1	3.3	22.1	24.9	21.5	27.1
WINTER-----	100.0	1.2	7.7	32.0	27.4	15.6	16.1	100.0	1.0	5.2	25.3	24.5	24.0	20.0
UNDER 1,000-----	100.0	4.7	12.1	19.4	15.1	17.7	31.0	100.0	5.7	16.8	19.4	26.8	14.6	16.8
1,000-1,999-----	100.0	3.1	11.2	27.7	23.3	14.3	20.6	100.0	3.1	6.1	34.4	19.8	15.6	21.1
2,000-2,999-----	100.0	3.4	14.0	23.6	17.3	19.2	22.4	100.0	1.6	10.2	28.7	16.3	22.2	20.8
3,000-3,999-----	100.0	.7	14.2	25.7	28.2	14.7	16.7	100.0	2.5	6.3	28.2	21.4	23.6	18.0
4,000-4,999-----	100.0	1.9	6.4	32.1	26.6	14.9	17.9	100.0	.6	4.1	23.6	25.2	24.8	21.7
5,000-5,999-----	100.0	.2	10.1	24.4	27.7	18.4	19.2	100.0	.0	3.4	22.3	20.0	26.8	27.6
6,000-6,999-----	100.0	.0	8.2	29.6	29.7	13.4	19.1	100.0	.0	1.5	22.9	25.9	23.3	26.5
7,000-7,999-----	100.0	2.7	5.2	23.3	32.8	17.7	18.3	100.0	.0	4.9	14.5	23.9	31.1	25.6
8,000-8,999-----	100.0	.0	6.1	24.0	31.7	22.4	15.9	100.0	.0	1.2	15.8	26.8	32.5	23.6
9,000-9,999-----	100.0	.0	7.7	35.1	28.6	11.1	17.5	100.0	.0	4.2	18.7	26.9	27.7	22.2
10,000-14,999-----	100.0	.0	3.4	29.0	29.3	24.4	13.9	100.0	.0	.0	14.9	26.9	28.8	29.3
15,000 AND OVER-----	100.0	2.0	4.1	32.0	37.4	15.0	9.5	100.0	.0	4.1	12.2	29.9	34.0	19.7

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 7.--FOOD ENERGY, PROTEIN
--CONTINUED

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	FOOD ENERGY, IN CALORIES							PROTEIN, IN GRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 1,933 (3)	1,933- 2,899 (4)	2,900- 3,899 (5)	3,900- 4,899 (6)	4,900- 5,899 (7)	5,900 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 46.7 (10)	46.7- 69.9 (11)	70.0- 99.9 (12)	100.0- 119.9 (13)	120.0- 149.9 (14)	150.0 AND OVER (15)
RURAL NONFARM														
ALL HOUSEHOLDS, YEAR--	100.0	.5	6.0	22.6	28.3	18.1	24.5	100.0	1.0	4.9	21.2	22.6	25.8	24.5
SPRING-----	100.0	.2	7.4	21.8	24.9	20.5	25.2	100.0	.7	6.1	19.9	22.6	26.3	24.4
SUMMER-----	100.0	.5	6.0	23.1	29.0	13.8	27.6	100.0	.5	6.4	20.7	22.6	26.3	23.5
FALL-----	100.0	1.0	5.7	22.8	26.5	19.0	25.1	100.0	1.4	3.7	22.7	21.3	22.7	28.0
WINTER-----	100.0	.5	4.8	22.7	32.9	19.4	19.8	100.0	1.0	3.3	21.2	24.1	28.1	22.2
UNDER 1,000-----	100.0	.0	9.5	19.4	17.1	15.1	38.8	100.0	1.9	10.0	26.1	16.2	17.5	28.4
1,000-1,999-----	100.0	.8	7.4	23.2	21.3	17.9	29.2	100.0	1.6	9.7	27.4	20.1	21.9	19.3
2,000-2,999-----	100.0	1.2	10.9	21.0	29.1	15.2	22.9	100.0	3.1	8.1	25.6	29.5	19.0	14.7
3,000-3,999-----	100.0	.4	13.2	22.8	22.7	18.8	22.3	100.0	.4	10.0	22.7	19.6	24.3	23.1
4,000-4,999-----	100.0	1.1	3.8	26.6	29.3	13.1	25.9	100.0	.0	3.8	18.4	22.6	27.9	27.4
5,000-5,999-----	100.0	1.0	2.7	20.5	28.2	22.2	25.2	100.0	1.0	1.0	15.2	21.6	30.0	31.3
6,000-6,999-----	100.0	.0	2.8	24.4	36.0	21.2	15.7	100.0	.0	.0	24.3	26.8	26.3	22.6
7,000-9,999-----	100.0	.0	3.7	23.0	36.8	19.9	16.5	100.0	.0	1.5	19.0	19.0	33.4	27.0
10,000 AND OVER----	100.0	.0	.4	23.3	37.1	15.9	23.3	100.0	.0	.0	12.1	27.6	31.9	28.4
RURAL FARM														
ALL HOUSEHOLDS, YEAR--	100.0	1.2	6.3	17.3	25.2	20.4	29.8	100.0	1.5	5.6	20.2	20.3	26.3	26.1
SPRING-----	100.0	1.0	7.0	18.0	25.5	20.4	28.1	100.0	1.4	7.1	18.4	20.4	27.8	24.8
SUMMER-----	100.0	2.2	5.8	17.4	22.6	17.4	34.5	100.0	2.2	3.9	22.6	20.3	22.0	29.0
FALL-----	100.0	.3	6.5	17.5	27.5	22.4	25.9	100.0	1.3	6.4	18.1	20.7	29.4	23.9
WINTER-----	100.0	.8	6.0	16.2	25.4	21.8	29.9	100.0	.7	5.3	21.9	19.7	26.4	26.1
UNDER 1,000-----	100.0	2.8	11.3	15.1	18.9	17.1	34.9	100.0	4.1	9.8	21.8	17.0	21.0	26.3
1,000-1,999-----	100.0	1.4	8.8	15.2	16.7	21.3	36.6	100.0	.8	9.0	24.4	18.6	19.3	27.9
2,000-2,999-----	100.0	1.9	8.4	21.5	22.4	17.2	28.7	100.0	2.8	9.5	23.8	18.6	23.3	21.9
3,000-3,999-----	100.0	.2	4.1	20.8	28.3	19.8	26.8	100.0	1.2	5.7	22.9	21.3	20.8	28.0
4,000-4,999-----	100.0	.3	5.7	14.8	28.8	19.0	31.3	100.0	.0	3.1	18.8	27.2	26.2	24.7
5,000-5,999-----	100.0	2.4	4.4	12.7	30.7	23.1	26.7	100.0	2.6	2.2	15.0	25.0	29.7	25.5
6,000-6,999-----	100.0	.0	4.7	12.9	20.9	30.8	30.8	100.0	1.1	2.2	12.1	14.5	44.3	25.7
7,000-9,999-----	100.0	.0	3.6	21.1	34.4	18.1	22.7	100.0	.0	1.3	20.0	15.7	36.1	26.8
10,000 AND OVER----	100.0	.0	3.6	17.8	29.9	14.9	33.9	100.0	.0	3.6	8.9	22.5	29.4	35.5

TABLE 8.--CALCIUM, IRON

SOUTH

BY ORGANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	CALCIUM, IN MILLIGRAMS							IRON, IN MILLIGRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 533 (3)	533- 799 (4)	800- 999 (5)	1000- 1199 (6)	1200- 1399 (7)	1400 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 6.7 (10)	6.7- 9.9 (11)	10.0- 13.9 (12)	14.0- 17.9 (13)	18.0- 21.9 (14)	22.0 AND OVER (15)
ALL URBANIZATIONS														
ALL HOUSEHOLDS, YEAR-	100.0	8.0	21.7	18.6	18.2	12.2	21.3	100.0	1.3	7.2	24.4	28.0	17.3	21.9
SPRING-----	100.0	8.1	21.5	18.6	17.9	12.1	21.7	100.0	1.1	7.5	24.6	27.0	18.7	21.3
SUMMER-----	100.0	9.3	22.4	16.8	18.0	12.7	20.6	100.0	1.6	9.1	23.3	28.7	15.7	21.5
FALL-----	100.0	6.6	22.1	18.4	17.8	12.4	22.6	100.0	1.2	6.0	23.2	28.1	16.4	25.0
WINTER-----	100.0	7.4	21.0	20.6	19.0	11.5	20.4	100.0	1.0	5.9	26.6	28.4	18.3	19.8
UNDER 1,000-----	100.0	12.0	21.9	15.0	14.8	9.2	27.0	100.0	3.1	11.0	18.8	23.6	14.7	28.7
1,000-1,999-----	100.0	11.7	21.0	17.6	15.0	8.6	26.2	100.0	2.1	6.9	21.6	22.4	18.1	28.7
2,000-2,999-----	100.0	15.2	21.6	16.6	13.3	10.6	22.7	100.0	2.7	8.2	24.9	21.6	16.0	26.7
3,000-3,999-----	100.0	9.7	27.2	15.6	16.0	11.2	20.2	100.0	1.7	8.5	27.2	24.3	16.2	22.0
4,000-4,999-----	100.0	7.7	23.0	18.1	17.9	12.3	21.0	100.0	.8	6.7	27.4	28.5	17.0	19.7
5,000-5,999-----	100.0	4.7	22.3	19.0	19.8	14.4	19.9	100.0	.7	7.0	22.4	27.4	19.8	22.6
6,000-6,999-----	100.0	5.1	24.9	20.9	18.4	12.3	18.3	100.0	.6	8.4	22.8	33.0	15.4	19.7
7,000-7,999-----	100.0	6.3	19.5	19.5	22.7	14.4	17.6	100.0	.8	4.7	25.0	38.6	17.1	13.8
8,000-8,999-----	100.0	6.2	13.5	25.5	25.3	12.7	16.7	100.0	.0	4.6	27.3	33.1	19.8	15.3
9,000-9,999-----	100.0	4.6	27.3	17.8	19.0	13.2	18.1	100.0	.0	4.8	28.3	35.7	17.9	13.4
10,000-14,999-----	100.0	1.4	14.6	23.1	24.4	15.4	21.2	100.0	.0	4.9	25.8	33.1	17.7	18.6
15,000 AND OVER----	100.0	3.6	19.6	20.3	23.2	17.2	16.1	100.0	.0	7.0	31.8	27.0	16.5	17.6
URBAN														
ALL HOUSEHOLDS, YEAR-	100.0	8.7	24.4	19.0	18.5	11.6	17.8	100.0	1.5	8.1	26.9	28.5	16.0	18.9
SPRING-----	100.0	8.8	23.0	19.6	19.1	10.7	18.9	100.0	1.4	7.9	25.8	28.1	17.8	19.0
SUMMER-----	100.0	11.5	24.4	16.5	17.2	13.2	17.3	100.0	2.6	11.3	24.6	29.2	13.9	18.5
FALL-----	100.0	7.2	25.7	19.0	18.0	11.0	19.1	100.0	1.2	7.0	24.9	29.0	14.6	23.5
WINTER-----	100.0	7.1	24.8	20.8	19.6	11.4	16.3	100.0	.9	6.9	31.9	27.8	17.3	15.1
UNDER 1,000-----	100.0	14.6	27.7	16.4	12.5	9.5	19.4	100.0	4.3	14.3	21.1	21.5	16.4	22.4
1,000-1,999-----	100.0	15.5	24.8	19.3	12.1	9.2	19.1	100.0	3.3	9.0	27.9	20.4	16.6	22.8
2,000-2,999-----	100.0	16.4	25.0	16.9	13.6	9.8	18.5	100.0	3.5	8.6	29.0	20.0	14.9	23.8
3,000-3,999-----	100.0	10.6	29.7	16.2	17.8	9.9	15.8	100.0	2.5	9.2	32.0	25.9	14.6	15.8
4,000-4,999-----	100.0	8.6	26.6	21.1	16.8	11.5	15.4	100.0	.6	7.4	28.1	31.1	16.2	16.4
5,000-5,999-----	100.0	4.9	23.8	19.1	19.2	15.1	18.0	100.0	.5	9.8	23.3	27.1	18.3	21.1
6,000-6,999-----	100.0	5.9	28.8	18.5	19.7	10.7	16.5	100.0	.9	9.3	24.5	32.0	13.3	19.9
7,000-7,999-----	100.0	6.7	22.0	19.2	23.8	11.0	17.2	100.0	1.2	5.5	24.1	39.2	15.7	14.2
8,000-8,999-----	100.0	5.7	16.2	22.8	28.0	12.6	14.6	100.0	.0	3.7	30.5	32.9	18.3	14.6
9,000-9,999-----	100.0	5.1	31.2	18.4	14.5	13.2	17.5	100.0	.0	6.9	35.0	28.2	18.4	11.5
10,000-14,999-----	100.0	1.9	12.5	23.9	27.8	12.6	21.5	100.0	.0	5.6	25.3	34.3	14.6	20.2
15,000 AND OVER----	100.0	4.1	24.5	17.7	21.1	17.0	15.6	100.0	.0	7.5	34.7	32.7	13.6	11.6

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 8.--CALCIUM, IRON
--CONTINUED

SOUTH

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	CALCIUM, IN MILLIGRAMS							IRON, IN MILLIGRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 533 (3)	533- 799 (4)	800- 999 (5)	1000- 1199 (6)	1200- 1399 (7)	1400 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 6.7 (10)	6.7- 9.9 (11)	10.0- 13.9 (12)	14.0- 17.9 (13)	18.0- 21.9 (14)	22.0 AND OVER (15)
RURAL NONFARM														
ALL HOUSEHOLDS, YEAR--	100.0	6.8	18.2	18.6	18.0	13.1	25.3	100.0	.7	5.7	21.0	28.4	18.6	25.5
SPRING-----	100.0	7.6	19.5	17.6	16.0	14.2	25.0	100.0	.5	7.5	22.7	26.0	19.7	23.6
SUMMER-----	100.0	5.5	20.8	18.0	19.4	11.5	24.9	100.0	.0	7.0	21.7	29.0	18.5	24.0
FALL-----	100.0	5.8	17.6	17.5	18.0	14.7	26.5	100.0	1.4	4.2	21.4	27.5	17.5	28.0
WINTER-----	100.0	8.2	14.9	21.3	18.8	12.1	24.6	100.0	1.0	4.4	18.3	30.9	18.9	26.6
UNDER 1,000-----	100.0	8.5	17.1	14.7	16.6	9.0	34.1	100.0	1.4	6.6	18.5	27.5	11.4	34.6
1,000-1,999-----	100.0	7.4	18.7	17.2	17.4	6.3	33.0	100.0	.8	5.3	15.0	25.9	19.0	34.0
2,000-2,999-----	100.0	16.4	16.3	17.4	14.0	11.6	24.4	100.0	1.6	8.9	18.2	25.6	15.9	29.8
3,000-3,999-----	100.0	8.4	26.3	15.2	12.8	12.7	24.7	100.0	.8	9.2	22.4	20.4	18.0	29.5
4,000-4,999-----	100.0	7.2	17.7	13.5	20.0	12.0	29.7	100.0	1.1	5.7	27.1	25.2	16.9	24.1
5,000-5,999-----	100.0	3.7	19.5	18.5	22.5	14.1	21.5	100.0	1.0	1.4	21.9	27.3	23.3	25.3
6,000-6,999-----	100.0	4.2	21.2	25.8	15.2	14.7	18.9	100.0	.0	8.3	21.7	35.5	18.0	16.6
7,000-9,999-----	100.0	5.8	13.2	22.0	23.9	16.6	18.4	100.0	.0	3.3	20.6	42.0	19.0	15.0
10,000 AND OVER----	100.0	.0	16.4	23.7	20.3	21.1	18.5	100.0	.0	4.3	26.7	27.1	23.2	18.5
RURAL FARM														
ALL HOUSEHOLDS, YEAR--	100.0	7.6	16.8	15.8	16.1	13.2	30.4	100.0	1.5	5.1	19.6	23.9	21.1	28.8
SPRING-----	100.0	7.3	18.5	15.1	15.6	14.4	29.2	100.0	1.7	5.3	20.7	22.7	20.6	29.1
SUMMER-----	100.0	9.6	16.5	14.6	18.1	14.2	27.1	100.0	1.3	5.4	19.6	24.9	16.7	31.9
FALL-----	100.0	7.1	16.2	17.5	15.9	12.9	30.4	100.0	1.6	6.2	20.1	24.2	24.2	23.6
WINTER-----	100.0	6.2	16.2	16.2	14.5	10.6	36.6	100.0	1.8	3.2	17.3	23.6	23.6	30.6
UNDER 1,000-----	100.0	14.7	17.3	10.8	17.4	8.4	31.3	100.0	4.3	14.6	10.9	17.2	20.2	32.7
1,000-1,999-----	100.0	9.3	12.0	11.0	19.8	14.3	33.5	100.0	2.2	3.9	18.6	18.8	21.2	35.1
2,000-2,999-----	100.0	7.3	20.7	13.3	10.3	11.4	36.9	100.0	1.9	4.7	23.9	17.7	20.7	30.9
3,000-3,999-----	100.0	9.4	18.9	14.7	15.7	13.1	28.1	100.0	.7	4.5	18.5	27.2	18.8	30.1
4,000-4,999-----	100.0	4.5	18.0	16.1	16.6	18.7	26.2	100.0	.6	4.4	24.0	23.0	22.9	25.2
5,000-5,999-----	100.0	5.9	21.4	20.8	13.2	9.0	29.9	100.0	1.9	5.5	16.7	30.9	19.8	25.3
6,000-6,999-----	100.0	3.8	10.0	19.8	21.5	15.4	29.4	100.0	1.1	3.9	14.1	30.0	20.3	30.5
7,000-9,999-----	100.0	3.4	13.5	25.4	13.5	17.2	27.0	100.0	.0	2.3	24.6	30.0	26.0	17.1
10,000 AND OVER----	100.0	9.2	14.7	14.4	19.9	13.2	28.5	100.0	.0	3.6	23.8	20.2	24.6	27.8

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 9.--VITAMIN A VALUE, THIAMIN

SOUTH

BY ORGANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY †													
	VITAMIN A VALUE, IN INTERNATIONAL UNITS							THIAMIN, IN MILLIGRAMS						
	ALL HOUSE- HOLDS	UNDER 3,333	3,333- 4,999	5,000- 7,499	7,500- 9,999	10,000- 14,999	15,000 AND OVER	ALL HOUSE- HOLDS	UNDER 0.80	0.80- 1.19	1.20- 1.79	1.80- 2.39	2.40- 2.79	2.80 AND OVER
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
ALL URBANIZATIONS														
ALL HOUSEHOLDS, YEAR-	100.0	10.0	15.2	25.8	18.8	18.2	12.0	100.0	1.2	5.6	25.9	31.2	13.7	22.6
SPRING-----	100.0	13.3	15.1	27.2	18.9	15.2	10.3	100.0	1.0	5.6	24.7	31.5	14.0	23.2
SUMMER-----	100.0	9.0	15.1	26.2	18.1	20.6	10.9	100.0	1.1	6.0	25.7	30.9	12.8	23.6
FALL-----	100.0	9.5	13.0	22.2	19.5	19.7	16.0	100.0	1.3	5.3	24.9	31.3	12.6	24.5
WINTER-----	100.0	8.5	17.2	27.3	18.8	17.5	10.8	100.0	1.0	5.2	28.3	31.0	15.3	19.2
UNDER 1,000-----	100.0	20.7	14.8	22.0	13.5	16.9	12.2	100.0	3.6	7.4	23.4	25.5	12.1	28.0
1,000-1,999-----	100.0	18.3	14.6	23.4	13.5	13.7	16.7	100.0	1.8	8.0	22.2	25.4	13.5	29.2
2,000-2,999-----	100.0	15.9	19.1	22.0	14.4	19.1	9.5	100.0	1.8	6.0	26.4	24.2	16.3	25.3
3,000-3,999-----	100.0	12.7	13.7	26.2	21.9	15.0	10.5	100.0	1.2	5.8	29.2	27.0	15.4	21.4
4,000-4,999-----	100.0	9.2	18.1	26.2	18.9	15.3	12.2	100.0	1.4	3.7	25.2	32.7	13.8	23.1
5,000-5,999-----	100.0	7.8	12.3	26.8	19.1	20.3	13.6	100.0	.9	5.5	25.7	30.3	15.8	21.8
6,000-6,999-----	100.0	5.7	18.2	26.4	23.3	17.8	8.7	100.0	.0	2.9	27.8	37.4	12.2	19.8
7,000-7,999-----	100.0	6.1	12.8	30.4	20.1	21.5	9.1	100.0	1.4	5.1	21.4	39.6	12.8	19.7
8,000-8,999-----	100.0	2.1	13.2	28.5	21.5	16.4	18.3	100.0	.3	4.2	27.1	35.8	14.2	18.4
9,000-9,999-----	100.0	5.2	16.6	30.6	24.3	16.8	6.5	100.0	.0	7.5	29.8	33.8	11.0	17.9
10,000-14,999-----	100.0	1.9	15.2	29.4	20.5	20.5	12.6	100.0	.0	2.7	25.8	42.2	11.9	17.3
15,000 AND OVER----	100.0	3.6	10.1	27.3	13.8	32.5	12.8	100.0	.0	7.3	25.5	36.6	9.9	20.6
URBAN														
ALL HOUSEHOLDS, YEAR-	100.0	8.5	15.7	26.2	18.5	18.7	12.4	100.0	1.3	6.4	27.9	32.7	12.8	18.7
SPRING-----	100.0	10.6	15.3	27.5	18.3	16.6	11.6	100.0	1.1	6.1	26.9	32.7	13.3	20.1
SUMMER-----	100.0	8.1	15.0	27.4	16.0	20.8	12.7	100.0	1.9	6.9	27.1	33.5	13.2	17.5
FALL-----	100.0	8.3	14.1	21.5	19.9	21.0	15.2	100.0	1.4	6.1	26.0	33.4	11.3	21.8
WINTER-----	100.0	7.0	18.1	28.0	19.8	16.8	10.4	100.0	1.2	6.8	31.4	31.4	13.4	15.6
UNDER 1,000-----	100.0	23.7	12.5	22.4	12.5	17.7	11.2	100.0	4.3	8.7	26.2	27.5	12.5	20.7
1,000-1,999-----	100.0	17.1	18.2	24.8	12.7	12.5	14.7	100.0	3.0	9.5	26.9	25.5	13.4	21.7
2,000-2,999-----	100.0	12.9	18.0	19.2	15.9	23.2	11.0	100.0	2.3	6.4	31.5	22.9	15.0	21.7
3,000-3,999-----	100.0	8.6	16.4	29.3	19.8	15.3	10.7	100.0	1.8	8.4	28.6	30.0	15.8	15.5
4,000-4,999-----	100.0	8.1	16.0	26.2	18.3	17.3	14.1	100.0	1.8	4.2	27.6	33.7	13.9	19.2
5,000-5,999-----	100.0	7.9	12.8	26.1	17.3	20.6	15.3	100.0	.5	7.1	27.1	31.7	14.5	19.2
6,000-6,999-----	100.0	4.1	19.4	25.0	24.0	18.2	9.3	100.0	.0	3.1	30.6	38.6	9.5	18.2
7,000-7,999-----	100.0	5.2	14.2	29.9	19.2	20.7	10.9	100.0	2.1	6.3	20.6	38.4	11.6	20.9
8,000-8,999-----	100.0	.8	11.0	31.3	21.1	15.8	19.8	100.0	.4	4.8	24.4	41.5	13.0	15.9
9,000-9,999-----	100.0	6.0	17.5	35.9	22.6	13.7	4.3	100.0	.0	10.7	32.5	32.9	11.5	12.4
10,000-14,999-----	100.0	1.6	17.3	28.8	18.3	20.4	13.7	100.0	.0	4.0	25.1	44.0	11.0	16.0
15,000 AND OVER----	100.0	4.8	10.2	26.5	15.0	30.6	12.8	100.0	.0	8.1	28.6	44.2	9.5	9.5

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 9.--VITAMIN A VALUE, THIAMIN
--CONTINUED

SOUTH

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	VITAMIN A VALUE, IN INTERNATIONAL UNITS							THIAMIN, IN MILLIGRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 3,333 (3)	3,333- 4,999 (4)	5,000- 7,499 (5)	7,500- 9,999 (6)	10,000- 14,999 (7)	15,000 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 0.80 (10)	0.80- 1.19 (11)	1.20- 1.79 (12)	1.80- 2.39 (13)	2.40- 2.79 (14)	2.80 AND OVER (15)
RURAL NONFARM														
ALL HOUSEHOLDS, YEAR--	100.0	12.2	13.9	25.8	19.7	17.6	10.8	100.0	.7	4.1	24.1	29.1	14.7	27.4
SPRING-----	100.0	17.0	13.6	27.1	20.4	13.3	8.7	100.0	.8	5.3	22.3	29.8	15.0	26.6
SUMMER-----	100.0	10.2	14.7	24.9	22.1	19.8	8.2	100.0	.0	4.2	25.3	27.2	12.4	30.9
FALL-----	100.0	11.4	11.4	24.2	18.5	18.5	16.1	100.0	1.4	4.3	24.7	28.5	13.3	28.0
WINTER-----	100.0	10.6	15.5	27.1	17.9	18.8	10.1	100.0	.5	2.4	24.2	30.9	18.4	23.7
UNDER 1,000-----	100.0	17.6	16.1	20.9	14.2	18.0	13.3	100.0	3.3	4.7	22.8	23.7	11.8	33.6
1,000-1,999-----	100.0	19.5	10.0	21.6	15.0	15.5	18.2	100.0	.3	7.4	17.2	25.0	14.0	36.1
2,000-2,999-----	100.0	20.6	20.5	26.7	10.9	14.3	7.0	100.0	.8	5.4	22.2	25.6	18.2	27.9
3,000-3,999-----	100.0	19.2	8.4	22.7	26.3	14.0	9.6	100.0	.4	3.2	34.7	21.2	15.1	25.5
4,000-4,999-----	100.0	11.3	21.4	27.4	18.4	12.0	9.5	100.0	1.1	3.4	22.5	30.8	13.9	28.2
5,000-5,999-----	100.0	7.7	10.8	29.6	22.2	19.5	10.1	100.0	1.3	2.7	24.9	27.6	17.2	26.3
6,000-6,999-----	100.0	9.6	15.7	29.5	24.0	15.2	6.1	100.0	.0	2.3	25.3	36.4	15.7	20.3
7,000-9,999-----	100.0	5.2	13.2	26.4	24.2	21.2	9.8	100.0	.0	1.8	26.1	36.2	13.8	22.1
10,000 AND OVER----	100.0	1.3	11.2	30.6	21.6	25.0	10.3	100.0	.0	1.3	25.8	34.5	12.5	25.9
RURAL FARM														
ALL HOUSEHOLDS, YEAR--	100.0	12.9	16.7	22.4	17.9	16.8	13.4	100.0	1.1	4.2	18.5	28.4	15.4	32.4
SPRING-----	100.0	19.3	20.2	25.2	16.9	12.3	6.1	100.0	1.3	3.8	18.1	29.3	15.2	32.2
SUMMER-----	100.0	10.3	17.4	22.6	17.7	21.9	10.0	100.0	.9	6.1	17.1	27.8	11.3	36.5
FALL-----	100.0	10.1	12.0	19.4	21.4	15.5	21.7	100.0	1.0	4.5	19.1	28.1	18.1	29.1
WINTER-----	100.0	11.6	16.9	22.5	14.8	17.3	16.9	100.0	1.5	2.2	19.7	28.2	18.0	30.6
UNDER 1,000-----	100.0	19.5	18.9	24.2	15.3	9.6	12.6	100.0	2.3	11.8	14.2	22.9	11.7	37.2
1,000-1,999-----	100.0	19.0	15.2	24.1	10.8	12.3	18.7	100.0	1.6	3.2	19.5	26.2	12.4	37.1
2,000-2,999-----	100.0	17.8	20.1	21.9	17.2	13.6	9.6	100.0	1.4	5.0	15.7	26.6	16.9	34.2
3,000-3,999-----	100.0	14.7	14.7	21.9	20.3	16.8	11.6	100.0	.4	2.0	18.3	26.6	14.4	36.3
4,000-4,999-----	100.0	8.0	19.7	21.7	24.7	15.1	11.0	100.0	1.0	3.6	19.5	32.9	13.5	29.5
5,000-5,999-----	100.0	7.3	14.2	21.6	21.2	20.7	15.0	100.0	2.1	5.0	16.7	29.4	20.8	26.0
6,000-6,999-----	100.0	1.4	18.7	25.2	14.6	24.9	15.2	100.0	.0	3.8	15.0	32.2	18.8	30.1
7,000-9,999-----	100.0	9.5	15.3	17.8	20.3	25.7	11.2	100.0	.0	1.4	28.4	26.8	16.6	26.5
10,000 AND OVER----	100.0	8.8	5.0	25.8	17.0	25.6	17.7	100.0	.0	6.4	17.5	28.2	16.1	31.8

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 10.--RIBOFLAVIN, ASCORBIC ACID

SOUTH

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	RIBOFLAVIN, IN MILLIGRAMS							ASCORBIC ACID, IN MILLIGRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 1.13 (3)	1.13- 1.69 (4)	1.70- 2.49 (5)	2.50- 2.89 (6)	2.90- 3.29 (7)	3.30 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 47 (10)	47- 69 (11)	70- 89 (12)	90- 129 (13)	130- 169 (14)	170 AND OVER (15)
ALL URBANIZATIONS														
ALL HOUSEHOLDS, YEAR-	100.0	1.2	5.5	24.4	16.9	14.9	37.1	100.0	12.9	15.0	13.8	24.9	14.8	18.6
SPRING-----	100.0	.9	6.5	19.3	15.1	14.4	43.9	100.0	15.8	16.1	14.3	22.7	14.1	17.2
SUMMER-----	100.0	1.6	6.2	23.6	15.2	15.3	38.1	100.0	10.3	14.3	13.6	27.3	16.1	18.5
FALL-----	100.0	1.7	4.1	24.7	17.8	13.8	37.9	100.0	13.8	14.7	15.3	24.7	13.3	18.2
WINTER-----	100.0	1.0	4.4	25.8	18.6	15.8	34.3	100.0	11.9	15.2	12.1	24.6	15.7	20.5
UNDER 1,000-----	100.0	3.3	10.2	22.1	13.4	15.0	36.0	100.0	25.6	18.1	11.9	15.3	12.0	17.0
1,000-1,999-----	100.0	2.2	7.6	26.2	13.3	12.2	38.5	100.0	21.7	17.0	13.5	21.6	11.3	15.0
2,000-2,999-----	100.0	3.5	9.9	23.3	15.7	10.6	36.9	100.0	22.9	13.2	12.8	21.6	14.5	15.0
3,000-3,999-----	100.0	2.0	6.9	28.1	17.6	13.5	31.9	100.0	17.0	19.6	13.6	27.6	11.4	10.7
4,000-4,999-----	100.0	.7	4.9	25.1	20.3	13.7	35.2	100.0	11.6	19.0	18.5	22.3	14.6	13.8
5,000-5,999-----	100.0	.8	3.3	23.9	14.7	16.5	40.9	100.0	10.5	13.4	14.5	26.9	15.0	19.8
6,000-6,999-----	100.0	.2	2.8	26.8	21.2	16.7	32.3	100.0	8.5	15.0	17.2	23.6	16.7	19.1
7,000-7,999-----	100.0	.6	5.1	22.2	19.7	19.8	32.8	100.0	6.2	14.9	12.8	27.1	16.2	22.9
8,000-8,999-----	100.0	.0	2.8	18.5	19.9	23.1	35.5	100.0	3.5	9.6	12.6	34.8	18.4	21.0
9,000-9,999-----	100.0	.0	5.2	26.4	12.5	19.6	36.2	100.0	7.0	14.7	10.3	33.0	14.6	20.5
10,000-14,999-----	100.0	.0	.5	21.8	19.7	14.4	43.7	100.0	4.1	10.0	9.4	27.6	19.4	29.6
15,000 AND OVER----	100.0	.0	1.9	19.5	19.1	11.0	48.6	100.0	.2	9.4	9.6	31.9	16.4	32.5
URBAN														
ALL HOUSEHOLDS, YEAR-	100.0	1.4	6.0	25.5	17.8	14.5	34.8	100.0	11.0	14.6	14.4	25.5	14.6	19.8
SPRING-----	100.0	.8	6.5	20.0	15.2	15.0	42.6	100.0	13.9	14.3	14.4	23.3	15.6	18.6
SUMMER-----	100.0	2.1	7.8	23.9	15.5	15.2	35.5	100.0	9.9	14.9	14.0	28.4	14.8	18.0
FALL-----	100.0	2.0	3.1	26.8	18.2	13.3	36.7	100.0	12.1	13.5	16.3	25.7	11.6	20.7
WINTER-----	100.0	1.0	5.9	27.0	21.0	14.6	30.4	100.0	8.4	15.6	13.1	24.8	16.1	22.0
UNDER 1,000-----	100.0	4.7	10.8	26.8	14.2	14.2	29.3	100.0	23.3	19.0	15.5	15.5	9.9	16.8
1,000-1,999-----	100.0	2.4	10.2	26.9	16.2	11.6	32.5	100.0	20.4	19.9	15.3	18.7	11.4	14.3
2,000-2,999-----	100.0	4.0	10.7	24.5	15.9	9.6	35.3	100.0	20.3	9.6	14.0	20.8	16.6	18.7
3,000-3,999-----	100.0	3.2	6.1	27.7	21.4	11.3	30.4	100.0	15.8	17.4	14.0	30.1	13.1	9.7
4,000-4,999-----	100.0	1.3	6.0	26.7	20.3	13.6	32.2	100.0	10.2	20.2	19.2	19.6	15.4	15.4
5,000-5,999-----	100.0	.5	4.5	25.5	11.3	19.1	39.2	100.0	10.6	13.1	16.6	27.3	13.3	19.2
6,000-6,999-----	100.0	.0	4.1	28.2	21.4	14.8	31.6	100.0	8.7	13.0	16.2	24.8	12.3	24.8
7,000-7,999-----	100.0	.9	6.2	24.4	20.9	18.0	29.7	100.0	5.9	15.4	11.9	26.7	15.4	24.7
8,000-8,999-----	100.0	.0	4.0	17.5	21.1	22.8	34.6	100.0	1.6	7.3	11.4	40.2	19.1	20.3
9,000-9,999-----	100.0	.0	6.0	30.4	15.4	14.1	34.2	100.0	6.0	15.4	11.1	32.4	15.8	19.2
10,000-14,999-----	100.0	.0	.5	19.9	21.5	15.4	42.7	100.0	3.2	11.0	8.4	28.0	19.9	29.6
15,000 AND OVER----	100.0	.0	2.0	22.5	17.7	13.6	44.2	100.0	.0	13.6	10.2	37.4	11.6	27.2

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 11.--DIET ADEQUACY

SOUTH

ALL URBANIZATIONS

TABLE 10.--RIBOFLAVIN, ASCORBIC ACID

SOUTH

BY URBANIZATION

--CONTINUED

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	RIBOFLAVIN, IN MILLIGRAMS							ASCORBIC ACID, IN MILLIGRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 1.13 (3)	1.13- 1.69 (4)	1.70- 2.49 (5)	2.50- 2.89 (6)	2.90- 3.29 (7)	3.30 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 47 (10)	47- 69 (11)	70- 89 (12)	90- 129 (13)	130- 169 (14)	170 AND OVER (15)
RURAL NONFARM														
ALL HOUSEHOLDS, YEAR--	100.0	1.0	4.5	23.2	15.9	16.0	39.5	100.0	15.2	16.0	12.6	23.8	15.2	17.1
SPRING-----	100.0	.9	6.1	18.4	15.7	13.7	45.1	100.0	17.6	18.6	14.1	21.5	11.8	16.5
SUMMER-----	100.0	.5	4.2	23.4	15.2	16.6	40.1	100.0	10.6	13.9	13.4	25.8	18.0	18.4
FALL-----	100.0	1.4	5.3	22.8	17.5	14.7	38.4	100.0	15.2	17.0	13.8	23.2	15.6	15.2
WINTER-----	100.0	1.0	1.5	24.1	15.0	18.4	40.1	100.0	17.4	14.9	9.2	24.6	15.5	18.4
UNDER 1,000-----	100.0	1.9	9.0	18.0	12.8	16.6	41.7	100.0	25.6	19.9	7.1	14.7	14.7	18.0
1,000-1,999-----	100.0	1.8	4.8	27.2	10.3	13.2	42.7	100.0	22.9	12.9	11.6	25.4	11.1	16.1
2,000-2,999-----	100.0	3.1	9.5	22.1	17.1	12.0	36.4	100.0	26.7	17.8	10.1	22.5	12.4	10.5
3,000-3,999-----	100.0	.8	9.2	29.1	13.1	17.1	30.7	100.0	19.2	25.1	13.6	23.5	8.8	10.0
4,000-4,999-----	100.0	.0	3.8	23.3	20.7	12.8	39.5	100.0	13.8	18.4	16.9	25.1	13.2	12.4
5,000-5,999-----	100.0	1.0	1.4	20.6	21.2	12.8	43.1	100.0	9.7	15.1	10.1	25.3	17.8	21.9
6,000-6,999-----	100.0	.0	1.0	27.6	21.2	20.3	30.0	100.0	8.9	19.4	20.3	21.2	23.0	7.4
7,000-9,999-----	100.0	.0	2.1	18.1	13.5	27.9	38.3	100.0	7.7	13.8	13.1	28.6	15.6	21.2
10,000 AND OVER----	100.0	.0	.0	23.2	18.1	9.5	49.1	100.0	3.9	5.6	10.4	25.9	20.3	34.1
RURAL FARM														
ALL HOUSEHOLDS, YEAR--	100.0	1.6	5.5	20.5	14.6	13.3	44.5	100.0	17.2	14.2	14.0	24.1	14.8	15.5
SPRING-----	100.0	1.7	6.3	17.8	13.0	12.8	48.4	100.0	22.5	19.4	13.6	23.2	11.7	9.6
SUMMER-----	100.0	2.6	3.8	21.6	13.9	11.0	47.1	100.0	11.3	11.0	12.6	25.5	18.1	21.6
FALL-----	100.0	1.0	6.4	19.1	15.9	13.9	43.7	100.0	19.1	13.6	14.3	24.2	15.2	13.6
WINTER-----	100.0	1.5	5.1	23.2	13.0	14.8	42.6	100.0	16.6	13.4	16.6	22.9	13.7	16.9
UNDER 1,000-----	100.0	2.7	13.8	17.2	11.9	12.4	42.1	100.0	35.3	8.4	15.2	16.8	10.5	13.9
1,000-1,999-----	100.0	2.5	5.9	18.9	10.8	11.4	50.3	100.0	23.1	18.7	11.9	20.2	12.1	13.9
2,000-2,999-----	100.0	2.6	8.7	21.4	10.9	11.1	45.2	100.0	23.8	16.9	14.4	22.8	11.3	10.8
3,000-3,999-----	100.0	.2	5.0	27.5	12.3	14.3	40.6	100.0	17.3	16.2	11.9	26.6	11.1	16.7
4,000-4,999-----	100.0	.0	3.1	20.7	19.4	18.0	39.0	100.0	12.3	13.7	19.9	28.9	16.0	9.2
5,000-5,999-----	100.0	2.9	1.9	23.0	17.1	9.3	45.9	100.0	11.0	10.0	13.6	30.0	18.9	16.6
6,000-6,999-----	100.0	2.2	1.5	12.0	20.0	16.9	47.2	100.0	4.9	11.3	11.8	24.7	24.6	22.8
7,000-9,999-----	100.0	.0	3.0	20.5	17.7	13.9	44.9	100.0	8.3	12.1	13.4	26.0	18.2	21.9
10,000 AND OVER----	100.0	.0	5.7	14.0	14.7	17.0	48.6	100.0	6.9	9.4	14.3	19.5	22.2	27.8

* SEE NOTES FOLLOWING WEST, TABLE 18.

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY							
	ANY NUTRIENT (OF 7)	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)

LESS THAN RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR-	49.7	6.2	29.7	8.5	25.2	6.8	6.7	27.9
SPRING-----	52.5	6.2	29.6	8.6	28.4	6.6	7.4	31.9
SUMMER-----	48.9	7.5	31.7	10.7	24.1	7.1	7.8	24.6
FALL-----	47.9	5.1	28.7	7.2	22.5	6.6	5.8	28.5
WINTER-----	49.2	5.6	28.4	6.9	25.7	6.2	5.4	27.1
UNDER 1,000-----	60.0	16.9	33.9	14.1	35.5	11.0	13.5	43.7
1,000-1,999-----	59.2	10.2	32.7	9.0	32.9	9.8	9.8	38.7
2,000-2,999-----	60.2	11.8	36.8	10.9	35.0	7.8	13.4	36.1
3,000-3,999-----	58.9	9.0	36.9	10.2	26.4	7.0	8.9	36.6
4,000-4,999-----	54.2	4.3	30.7	7.5	27.3	5.1	5.6	30.6
5,000-5,999-----	42.8	3.2	27.0	7.7	20.1	6.4	4.1	23.9
6,000-6,999-----	48.6	1.2	30.0	9.0	23.9	2.9	3.0	23.5
7,000-7,999-----	39.1	3.6	25.8	5.5	18.9	6.5	5.7	21.1
8,000-8,999-----	36.0	1.3	19.7	4.6	15.3	4.5	2.8	13.1
9,000-9,999-----	44.5	3.9	31.9	4.8	21.8	7.5	5.2	21.7
10,000-14,999-----	34.4	.1	16.0	4.9	17.1	2.7	.5	14.1
15,000 AND OVER----	32.7	2.9	23.2	7.0	13.7	7.3	1.9	9.6

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR-	21.1	1.1	8.0	1.3	10.0	1.2	1.2	12.9
SPRING-----	24.2	.8	8.1	1.1	13.3	1.0	.9	15.8
SUMMER-----	19.9	1.0	9.3	1.6	9.0	1.1	1.6	10.3
FALL-----	20.2	1.3	6.6	1.2	9.5	1.3	1.7	13.8
WINTER-----	20.1	1.0	7.4	1.0	8.5	1.0	1.0	11.9
UNDER 1,000-----	36.1	3.8	12.0	3.1	20.7	3.6	3.3	25.6
1,000-1,999-----	34.1	2.2	11.7	2.1	18.3	1.8	2.2	21.7
2,000-2,999-----	33.5	2.3	15.2	2.7	15.9	1.8	3.5	22.9
3,000-3,999-----	27.4	1.6	9.7	1.7	12.7	1.2	2.0	17.0
4,000-4,999-----	21.3	.4	7.7	.8	9.2	1.4	.7	11.6
5,000-5,999-----	16.4	.6	4.7	.7	7.8	.9	.8	10.5
6,000-6,999-----	14.8	.1	5.1	.6	5.7	.0	.2	8.5
7,000-7,999-----	12.6	.0	6.3	.8	6.1	1.4	.6	6.2
8,000-8,999-----	8.4	.0	6.2	.0	2.1	.3	.0	3.5
9,000-9,999-----	14.7	.0	4.6	.0	5.2	.0	.0	7.0
10,000-14,999-----	6.0	.0	1.4	.0	1.9	.0	.0	4.1
15,000 AND OVER----	5.4	.0	3.6	.0	3.6	.0	.0	.2

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 11.--DIET ADEQUACY

SOUTH

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY							
	ANY NUTRIENT (OF 7)	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)

LESS THAN RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR--	50.2	6.0	33.1	9.6	24.2	7.7	7.4	25.6
SPRING-----	51.3	5.5	31.8	9.3	25.9	7.2	7.3	28.2
SUMMER-----	50.5	8.2	35.9	13.9	23.1	8.8	9.9	24.8
FALL-----	48.3	4.4	32.9	8.2	22.4	7.5	5.1	25.6
WINTER-----	50.5	6.2	31.9	7.8	25.1	8.0	6.9	24.0
UNDER 1,000-----	60.8	22.5	42.3	18.6	36.2	13.0	15.5	42.3
1,000-1,999-----	66.7	9.2	40.3	12.3	35.3	12.5	12.6	40.3
2,000-2,999-----	58.6	11.8	41.4	12.1	30.9	8.7	14.7	29.9
3,000-3,999-----	59.9	8.8	40.3	11.7	25.0	10.2	9.3	33.2
4,000-4,999-----	54.8	4.7	35.2	8.0	24.1	6.0	7.3	30.4
5,000-5,999-----	42.8	3.4	28.7	10.3	20.7	7.6	5.0	23.7
6,000-6,999-----	49.3	1.5	34.7	10.2	23.5	3.1	4.1	21.7
7,000-7,999-----	40.4	4.9	28.7	6.7	19.4	8.4	7.1	21.3
8,000-8,999-----	34.1	1.2	21.9	3.7	11.8	5.2	4.0	8.9
9,000-9,999-----	48.7	4.2	36.3	6.9	23.5	10.7	6.0	21.4
10,000-14,999-----	35.9	.0	14.4	5.6	18.9	4.0	.5	14.2
15,000 AND OVER----	40.1	4.1	28.6	7.5	15.0	8.1	2.0	13.6

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR--	19.5	1.0	8.7	1.5	8.5	1.3	1.4	11.0
SPRING-----	22.4	.8	8.8	1.4	10.6	1.1	.8	13.9
SUMMER-----	20.3	1.3	11.5	2.6	8.1	1.9	2.1	9.9
FALL-----	18.5	1.1	7.2	1.2	8.3	1.4	2.0	12.1
WINTER-----	16.8	1.0	7.1	.9	7.0	1.2	1.0	8.4
UNDER 1,000-----	36.6	5.7	14.6	4.3	23.7	4.3	4.7	23.3
1,000-1,999-----	34.4	3.1	15.5	3.3	17.1	3.0	2.4	20.4
2,000-2,999-----	30.6	1.6	16.4	3.5	12.9	2.3	4.0	20.3
3,000-3,999-----	26.4	2.5	10.6	2.5	8.6	1.8	3.2	15.8
4,000-4,999-----	19.2	.6	8.6	.6	8.1	1.8	1.3	10.2
5,000-5,999-----	17.2	.0	4.9	.5	7.9	.5	.5	10.6
6,000-6,999-----	14.6	.0	5.9	.9	4.1	.0	.0	8.7
7,000-7,999-----	11.9	.0	6.7	1.2	5.2	2.1	.9	5.9
8,000-8,999-----	7.7	.0	5.7	.0	.8	.4	.0	1.6
9,000-9,999-----	14.1	.0	5.1	.0	6.0	.0	.0	6.0
10,000-14,999-----	5.8	.0	1.9	.0	1.6	.0	.0	3.2
15,000 AND OVER----	6.8	.0	4.1	.0	4.8	.0	.0	.0

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY							
	ANY NUTRIENT (OF 7)	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)

LESS THAN RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR-	48.9	5.9	25.0	6.4	26.1	4.8	5.5	31.2
SPRING-----	53.8	6.8	27.1	8.0	30.6	6.1	7.0	36.2
SUMMER-----	47.5	6.9	26.3	7.0	24.9	4.2	4.7	24.5
FALL-----	47.4	5.1	23.4	5.6	22.8	5.7	6.7	32.2
WINTER-----	46.9	4.3	23.1	5.4	26.1	2.9	2.5	32.3
UNDER 1,000-----	58.3	11.9	25.6	8.0	33.7	8.0	10.9	45.5
1,000-1,999-----	51.7	11.3	26.1	6.1	29.5	7.7	6.6	35.8
2,000-2,999-----	63.6	11.2	32.7	10.5	41.1	6.2	12.6	44.5
3,000-3,999-----	61.0	10.4	34.7	10.0	27.6	3.6	10.0	44.3
4,000-4,999-----	54.9	3.8	24.9	6.8	32.7	4.5	3.8	32.2
5,000-5,999-----	42.8	2.0	23.2	2.4	18.5	4.0	2.4	24.8
6,000-6,999-----	51.2	.0	25.4	8.3	25.3	2.3	1.0	28.3
7,000-9,999-----	37.1	1.5	19.0	3.3	18.4	1.8	2.1	21.5
10,000 AND OVER----	27.2	.0	16.4	4.3	12.5	1.3	.0	9.5

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR-	23.4	1.0	6.8	.7	12.2	.7	1.0	15.2
SPRING-----	26.3	.7	7.6	.5	17.0	.8	.9	17.6
SUMMER-----	19.4	.5	5.5	.0	10.2	.0	.5	10.6
FALL-----	21.8	1.4	5.8	1.4	11.4	1.4	1.4	15.2
WINTER-----	26.1	1.0	8.2	1.0	10.6	.5	1.0	17.4
UNDER 1,000-----	34.1	1.9	8.5	1.4	17.6	3.3	1.9	25.6
1,000-1,999-----	34.8	1.6	7.4	.8	19.5	.3	1.8	22.9
2,000-2,999-----	39.9	3.1	16.4	1.6	20.6	.8	3.1	26.7
3,000-3,999-----	29.1	.4	8.4	.8	19.2	.4	.8	19.2
4,000-4,999-----	25.6	.0	7.2	1.1	11.3	1.1	.0	13.8
5,000-5,999-----	14.5	1.0	3.7	1.0	7.7	1.3	1.0	9.7
6,000-6,999-----	17.1	.0	4.2	.0	9.6	.0	.0	8.9
7,000-9,999-----	13.2	.0	5.8	.0	5.2	.0	.0	7.7
10,000 AND OVER----	3.9	.0	.0	.0	1.3	.0	.0	3.9

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY							
	ANY NUTRIENT (OF 7)	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
LESS THAN RECOMMENDED ALLOWANCE (1963)								
ALL HOUSEHOLDS, YEAR--	48.8	7.1	24.4	6.6	29.6	5.3	7.1	31.4
SPRING-----	56.8	8.5	25.8	7.0	39.5	5.1	8.0	41.9
SUMMER-----	43.5	6.1	26.1	6.7	27.7	7.0	6.4	22.3
FALL-----	47.2	7.7	23.3	7.8	22.1	5.5	7.4	32.7
WINTER-----	47.9	6.0	22.4	5.0	28.5	3.7	6.6	30.0
UNDER 1,000-----	63.4	13.9	32.0	18.9	38.4	14.1	16.5	43.7
1,000-1,999-----	53.2	9.8	21.3	6.1	34.2	4.8	8.4	41.8
2,000-2,999-----	58.0	12.3	28.0	6.6	37.9	6.4	11.3	40.7
3,000-3,999-----	50.0	6.9	28.3	5.2	29.4	2.4	5.2	33.5
4,000-4,999-----	48.2	3.1	22.5	5.0	27.7	4.6	3.1	26.0
5,000-5,999-----	42.6	4.8	27.3	7.4	21.5	7.1	4.8	21.0
6,000-6,999-----	32.4	3.3	13.8	5.0	20.1	3.8	3.7	16.2
7,000-9,999-----	36.2	1.3	16.9	2.3	24.8	1.4	3.0	20.4
10,000 AND OVER----	31.4	3.6	23.9	3.6	13.8	6.4	5.7	16.3
LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)								
ALL HOUSEHOLDS, YEAR--	23.9	1.5	7.6	1.5	12.9	1.1	1.6	17.2
SPRING-----	30.0	1.4	7.3	1.7	19.3	1.3	1.7	22.5
SUMMER-----	18.7	2.2	9.6	1.3	10.3	.9	2.6	11.3
FALL-----	24.6	1.3	7.1	1.6	10.1	1.0	1.0	19.1
WINTER-----	22.5	.7	6.2	1.8	11.6	1.5	1.5	16.6
UNDER 1,000-----	41.3	4.1	14.7	4.3	19.5	2.3	2.7	35.3
1,000-1,999-----	29.6	.8	9.3	2.2	19.0	1.6	2.5	23.1
2,000-2,999-----	28.8	2.8	7.3	1.9	17.8	1.4	2.6	23.8
3,000-3,999-----	27.5	1.2	9.4	.7	14.7	.4	.2	17.3
4,000-4,999-----	19.7	.0	4.5	.6	8.0	1.0	.0	12.3
5,000-5,999-----	16.9	2.6	5.9	1.9	7.3	2.1	2.9	11.0
6,000-6,999-----	7.5	1.1	3.8	1.1	1.4	.0	2.2	4.9
7,000-9,999-----	13.6	.0	3.4	.0	9.5	.0	.0	8.3
10,000 AND OVER----	16.9	.0	9.2	.0	8.8	.0	.0	6.9

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 12.--HOUSEHOLD DIETS BY NUMBER OF NUTRIENTS
BELOW RECOMMENDED ALLOWANCE (1963)

SOUTH

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF DIETS SHORT IN --							
	1 OR MORE *	1	2	3	4	5	6	7
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
ALL URBANIZATIONS								
ALL HOUSEHOLDS, YEAR--	100.0	43.0	27.7	12.3	6.7	4.1	2.9	3.3
SPRING-----	100.0	42.1	27.3	13.8	5.8	4.4	3.7	2.9
SUMMER-----	100.0	43.1	27.1	8.9	7.5	5.3	4.2	3.8
FALL-----	100.0	44.0	29.2	11.3	6.5	2.7	2.0	4.3
WINTER-----	100.0	42.9	27.4	16.1	5.9	3.9	1.8	2.1
UNDER 1,000-----	100.0	30.1	27.7	12.4	11.8	5.3	3.6	9.1
1,000-1,999-----	100.0	39.2	29.2	11.1	6.5	5.3	3.0	5.8
2,000-2,999-----	100.0	36.8	27.3	13.6	6.1	6.4	5.0	4.9
3,000-3,999-----	100.0	41.6	28.2	10.8	8.0	4.0	4.5	2.9
4,000-4,999-----	100.0	42.7	34.7	11.5	4.1	2.0	2.8	2.2
5,000-5,999-----	100.0	44.8	26.8	12.5	6.9	4.0	2.7	2.3
6,000-6,999-----	100.0	49.4	23.9	14.8	8.6	2.9	.2	.2
7,000-7,999-----	100.0	45.2	27.7	11.6	4.5	2.9	2.5	5.6
8,000-8,999-----	100.0	54.8	31.8	9.2	.0	.8	3.5	.0
9,000-9,999-----	100.0	40.0	24.8	22.1	4.4	8.7	.0	.0
10,000-14,999-----	100.0	60.7	22.2	13.9	2.6	.5	.0	.0
15,000 AND OVER----	100.0	57.9	14.1	12.7	5.5	5.0	4.1	.7
URBAN								
ALL HOUSEHOLDS, YEAR--	100.0	43.1	26.7	11.8	7.4	3.9	3.5	3.5
SPRING-----	100.0	43.3	27.6	12.5	5.4	4.4	4.1	2.8
SUMMER-----	100.0	41.2	26.1	8.0	10.1	4.5	5.0	5.0
FALL-----	100.0	44.0	28.6	12.6	5.7	2.3	2.3	4.6
WINTER-----	100.0	43.6	25.5	15.2	6.9	4.4	2.5	2.0
UNDER 1,000-----	100.0	19.1	29.8	14.9	17.0	5.0	2.8	11.3
1,000-1,999-----	100.0	39.8	28.0	11.2	6.6	4.9	3.0	6.6
2,000-2,999-----	100.0	39.8	24.7	11.2	7.2	4.0	8.0	5.2
3,000-3,999-----	100.0	42.1	28.9	9.4	7.5	3.4	4.9	3.8
4,000-4,999-----	100.0	47.1	27.2	12.5	4.7	1.6	3.5	3.5
5,000-5,999-----	100.0	39.7	27.2	12.1	10.3	5.5	3.7	1.5
6,000-6,999-----	100.0	44.8	27.6	13.3	10.3	3.9	.0	.0
7,000-7,999-----	100.0	43.9	24.5	12.9	4.3	3.6	3.6	7.2
8,000-8,999-----	100.0	56.0	35.7	3.6	.0	.0	4.8	.0
9,000-9,999-----	100.0	42.1	20.2	21.1	5.3	11.4	.0	.0
10,000-14,999-----	100.0	57.7	27.0	13.9	.7	.7	.0	.0
15,000 AND OVER----	100.0	57.6	15.3	15.3	1.7	5.1	5.1	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 12.--HOUSEHOLD DIETS BY NUMBER OF NUTRIENTS
BELOW RECOMMENDED ALLOWANCE (1963)--CONTINUED

SOUTH

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF DIETS SHORT IN --							
	1 OR MORE *	1	2	3	4	5	6	7
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
RURAL NONFARM								
ALL HOUSEHOLDS, YEAR--	100.0	43.6	29.0	12.9	5.9	4.2	1.9	2.6
SPRING-----	100.0	42.3	25.2	15.6	6.6	3.9	3.3	3.0
SUMMER-----	100.0	47.6	28.2	9.7	3.9	6.8	2.9	1.0
FALL-----	100.0	44.0	31.0	9.0	8.0	3.0	1.0	4.0
WINTER-----	100.0	40.2	32.0	18.6	4.1	3.1	.0	2.1
UNDER 1,000-----	100.0	40.7	26.0	10.6	7.3	5.7	4.1	5.7
1,000-1,999-----	100.0	39.3	30.6	9.7	6.6	5.6	3.1	5.1
2,000-2,999-----	100.0	32.3	31.7	15.9	4.3	10.4	1.2	4.3
3,000-3,999-----	100.0	43.1	23.5	12.4	9.8	5.2	3.9	2.0
4,000-4,999-----	100.0	34.9	47.3	9.6	3.4	2.7	2.1	.0
5,000-5,999-----	100.0	53.5	27.6	14.2	.8	.0	.8	3.1
6,000-6,999-----	100.0	56.8	18.0	18.0	6.3	.9	.0	.0
7,000-9,999-----	100.0	46.3	32.2	17.4	2.5	.8	.0	.8
10,000 AND OVER----	100.0	68.3	11.1	11.1	9.5	.0	.0	.0
RURAL FARM								
ALL HOUSEHOLDS, YEAR--	100.0	40.7	29.4	13.0	5.1	4.6	3.0	4.1
SPRING-----	100.0	34.0	32.1	15.9	6.1	5.7	2.7	3.4
SUMMER-----	100.0	40.0	30.4	12.6	3.0	5.2	3.0	5.9
FALL-----	100.0	43.8	26.7	11.6	6.2	4.8	3.4	3.4
WINTER-----	100.0	47.8	25.0	13.2	5.1	2.2	3.7	2.9
UNDER 1,000-----	100.0	37.3	25.5	8.6	6.4	5.0	5.3	11.8
1,000-1,999-----	100.0	35.6	30.7	15.6	5.7	5.8	3.2	3.4
2,000-2,999-----	100.0	36.3	26.3	17.6	6.7	5.3	2.7	5.1
3,000-3,999-----	100.0	34.7	37.8	13.5	5.3	3.7	3.9	1.1
4,000-4,999-----	100.0	43.3	37.6	12.3	2.6	2.3	.6	1.4
5,000-5,999-----	100.0	52.9	20.8	9.1	2.5	6.4	2.3	6.1
6,000-6,999-----	100.0	56.0	18.4	12.7	2.3	3.5	3.5	3.5
7,000-9,999-----	100.0	43.2	37.6	9.8	2.9	3.9	2.6	.0
10,000 AND OVER----	100.0	52.9	6.8	16.0	12.2	6.8	.0	5.4

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 13.--MILK, CREAM, CHEESE

SOUTH

ALL URBANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL (MILK EQUIV- ALENT) ‡	MILK (FRESH, PROCESSED)			CREAM, ICE CREAM	CHEESE	SOUP, MIX- TURES
		TOTAL (EQUIV- ALENT) ‡	COMMER- CIALLY CANNED	DRY			
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)							
ALL HOUSEHOLDS, YEAR-	3.696	2.867	.308	.039	.537	.248	.092
SPRING-----	3.744	2.895	.305	.057	.577	.261	.080
SUMMER-----	3.624	2.752	.270	.030	.631	.237	.101
FALL-----	3.710	2.866	.336	.031	.492	.255	.089
WINTER-----	3.713	2.965	.327	.040	.438	.241	.096
UNDER 1,000-----	3.337	2.782	.375	.104	.313	.184	.014
1,000-1,999-----	3.328	2.786	.405	.098	.357	.156	.059
2,000-2,999-----	2.954	2.404	.421	.048	.367	.165	.053
3,000-3,999-----	3.244	2.585	.389	.029	.416	.193	.052
4,000-4,999-----	3.498	2.726	.354	.031	.481	.215	.106
5,000-5,999-----	3.900	2.986	.326	.025	.549	.268	.102
6,000-6,999-----	3.793	2.854	.275	.029	.657	.260	.090
7,000-7,999-----	4.013	3.047	.240	.012	.676	.274	.103
8,000-8,999-----	4.122	3.159	.153	.027	.661	.322	.105
9,000-9,999-----	4.074	3.084	.124	.015	.585	.294	.191
10,000-14,999-----	4.636	3.379	.165	.029	.795	.400	.146
15,000 AND OVER----	4.545	3.276	.091	.022	.943	.449	.094
MONEY VALUE PER PERSON PER WEEK (DOLLARS)							
ALL HOUSEHOLDS, YEAR-	.989	.658	.054	.015	.151	.146	.033
SPRING-----	.981	.644	.053	.021	.163	.146	.028
SUMMER-----	.994	.643	.048	.012	.176	.139	.036
FALL-----	.992	.669	.057	.012	.138	.151	.033
WINTER-----	.988	.678	.058	.017	.125	.149	.036
UNDER 1,000-----	.768	.561	.069	.033	.096	.107	.004
1,000-1,999-----	.797	.579	.072	.034	.105	.090	.023
2,000-2,999-----	.758	.537	.075	.017	.109	.094	.018
3,000-3,999-----	.810	.578	.068	.012	.109	.106	.018
4,000-4,999-----	.903	.618	.060	.013	.123	.127	.035
5,000-5,999-----	1.043	.704	.055	.011	.144	.161	.035
6,000-6,999-----	1.039	.677	.047	.013	.172	.153	.037
7,000-7,999-----	1.132	.735	.043	.006	.192	.163	.041
8,000-8,999-----	1.152	.734	.026	.012	.201	.184	.032
9,000-9,999-----	1.119	.706	.021	.005	.165	.176	.072
10,000-14,999-----	1.369	.832	.030	.013	.239	.244	.053
15,000 AND OVER----	1.453	.835	.017	.011	.298	.282	.039
PERCENT OF HOUSEHOLDS USING IN A WEEK							
ALL HOUSEHOLDS							
SPRING-----	99.5	98.6	43.5	13.9	63.8	70.3	15.7
SUMMER-----	98.9	97.8	43.2	11.8	66.8	68.9	15.2
FALL-----	99.1	97.6	46.4	10.2	58.4	72.3	16.3
WINTER-----	99.7	98.8	44.8	12.1	54.1	73.7	18.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL (MILK EQUIV- ALENT) ‡	MILK (FRESH, PROCESSED)			CREAM, ICE CREAM	CHEESE	SOUP, MIX- TURES
		TOTAL (EQUIV- ALENT) ‡	COMMER- CIALLY CANNED	DRY			
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

ALL HOUSEHOLDS, YEAR—	3.680	2.809	.287	.033	.563	.258	.110
SPRING-----	3.732	2.844	.292	.049	.597	.275	.095
SUMMER-----	3.553	2.629	.229	.025	.670	.247	.128
FALL-----	3.727	2.811	.320	.028	.529	.278	.103
WINTER-----	3.720	2.960	.312	.032	.447	.234	.113
UNDER 1,000-----	3.053	2.377	.363	.073	.379	.246	.014
1,000-1,999-----	3.179	2.572	.416	.094	.392	.152	.116
2,000-2,999-----	3.024	2.442	.419	.049	.411	.176	.046
3,000-3,999-----	3.274	2.590	.362	.026	.421	.201	.067
4,000-4,999-----	3.213	2.457	.333	.037	.465	.203	.129
5,000-5,999-----	3.835	2.927	.333	.023	.556	.263	.127
6,000-6,999-----	3.598	2.705	.284	.024	.610	.263	.088
7,000-7,999-----	3.867	2.923	.199	.007	.637	.262	.080
8,000-8,999-----	4.127	3.162	.153	.030	.624	.311	.139
9,000-9,999-----	4.059	3.080	.135	.019	.606	.287	.193
10,000-14,999-----	4.722	3.408	.162	.027	.808	.412	.155
15,000 AND OVER----	4.374	3.200	.077	.027	.869	.388	.093

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR—	1.003	.650	.049	.013	.158	.154	.040
SPRING-----	.987	.638	.050	.018	.162	.155	.032
SUMMER-----	1.011	.626	.040	.010	.192	.148	.045
FALL-----	1.018	.661	.053	.011	.148	.169	.041
WINTER-----	.996	.678	.054	.012	.127	.148	.043
UNDER 1,000-----	.756	.507	.066	.023	.110	.134	.005
1,000-1,999-----	.768	.522	.074	.033	.112	.093	.041
2,000-2,999-----	.775	.548	.069	.015	.109	.100	.018
3,000-3,999-----	.812	.574	.061	.011	.104	.111	.023
4,000-4,999-----	.818	.540	.056	.015	.112	.122	.045
5,000-5,999-----	1.042	.690	.056	.011	.150	.158	.044
6,000-6,999-----	1.006	.650	.047	.011	.168	.152	.035
7,000-7,999-----	1.103	.710	.035	.003	.194	.163	.035
8,000-8,999-----	1.174	.746	.026	.013	.196	.190	.041
9,000-9,999-----	1.114	.702	.023	.006	.167	.175	.070
10,000-14,999-----	1.390	.834	.030	.010	.238	.258	.060
15,000 AND OVER----	1.364	.804	.015	.014	.276	.245	.039

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	99.4	98.7	43.0	12.9	65.7	71.6	18.1
SUMMER-----	98.7	97.7	40.4	10.4	67.5	71.8	18.0
FALL-----	99.2	97.8	47.2	8.8	62.4	76.2	18.8
WINTER-----	100.0	99.8	43.8	9.7	56.4	76.5	20.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 13.--MILK, CREAM, CHEESE

SOUTH

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL (MILK EQUIV- ALENT) ‡	MILK (FRESH, PROCESSED)			CREAM, ICE CREAM	CHEESE	SOUP, MIX- TURES
		TOTAL (EQUIV- ALENT) ‡	COMMER- CIALLY CANNED	DRY			
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

ALL HOUSEHOLDS, YEAR-	3.708	2.894	.343	.048	.522	.249	.076
SPRING-----	3.758	2.936	.337	.076	.549	.255	.067
SUMMER-----	3.741	2.892	.328	.036	.612	.233	.079
FALL-----	3.693	2.868	.355	.032	.470	.247	.083
WINTER-----	3.645	2.882	.353	.051	.451	.262	.074
UNDER 1,000-----	3.599	3.103	.400	.132	.240	.152	.010
1,000-1,999-----	3.294	2.787	.404	.105	.319	.160	.019
2,000-2,999-----	2.754	2.219	.474	.051	.323	.153	.074
3,000-3,999-----	3.184	2.521	.455	.037	.408	.204	.028
4,000-4,999-----	3.916	3.105	.401	.023	.520	.234	.086
5,000-5,999-----	3.982	3.005	.320	.027	.562	.292	.074
6,000-6,999-----	4.035	3.020	.259	.036	.744	.257	.090
7,000-9,999-----	4.106	3.088	.204	.018	.706	.326	.131
10,000 AND OVER----	4.612	3.332	.140	.027	.898	.454	.127

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.970	.653	.061	.019	.145	.145	.027
SPRING-----	.967	.636	.060	.028	.161	.144	.025
SUMMER-----	.978	.657	.060	.014	.159	.133	.029
FALL-----	.967	.666	.063	.012	.132	.143	.028
WINTER-----	.968	.655	.063	.023	.126	.160	.028
UNDER 1,000-----	.759	.585	.075	.042	.072	.099	.003
1,000-1,999-----	.772	.577	.073	.037	.094	.090	.011
2,000-2,999-----	.700	.484	.090	.021	.104	.090	.023
3,000-3,999-----	.786	.557	.082	.016	.107	.111	.011
4,000-4,999-----	1.024	.721	.067	.010	.144	.135	.025
5,000-5,999-----	1.043	.708	.054	.010	.136	.176	.023
6,000-6,999-----	1.082	.703	.046	.017	.181	.157	.042
7,000-9,999-----	1.134	.717	.037	.008	.191	.174	.051
10,000 AND OVER----	1.446	.851	.026	.016	.283	.271	.041

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	99.7	98.4	45.4	16.5	61.4	71.2	13.1
SUMMER-----	99.1	97.7	47.9	14.7	67.3	65.9	12.4
FALL-----	99.1	97.2	45.0	12.8	54.0	69.7	13.7
WINTER-----	99.5	97.1	46.9	15.5	51.7	72.5	15.9

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 13.--MILK, CREAM, CHEESE
ALL SOURCES

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL (MILK EQUIV- ALENT) ‡	MILK (FRESH, PROCESSED)			CREAM, ICE CREAM	CHEESE	SOUP, MIX- TURES
		TOTAL (EQUIV- ALENT) ‡	COMMER- CIALLY CANNED	DRY			
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

ALL HOUSEHOLDS, YEAR-	3.742	3.102	.316	.043	.443	.189	.041
SPRING-----	3.765	3.042	.275	.039	.548	.200	.042
SUMMER-----	3.636	2.973	.308	.039	.487	.196	.031
FALL-----	3.686	3.125	.349	.040	.384	.165	.041
WINTER-----	3.953	3.349	.336	.060	.316	.199	.055
UNDER 1,000-----	3.313	2.873	.341	.103	.348	.130	.026
1,000-1,999-----	3.853	3.388	.378	.086	.372	.156	.014
2,000-2,999-----	3.239	2.744	.301	.043	.346	.162	.022
3,000-3,999-----	3.268	2.696	.342	.022	.414	.146	.048
4,000-4,999-----	3.782	3.052	.319	.018	.439	.223	.030
5,000-5,999-----	4.073	3.337	.294	.030	.450	.222	.029
6,000-6,999-----	4.180	3.238	.278	.029	.631	.257	.102
7,000-9,999-----	4.730	3.842	.258	.028	.619	.255	.089
10,000 AND OVER----	4.393	3.456	.263	.029	.644	.293	.041

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.970	.717	.057	.016	.134	.105	.013
SPRING-----	.990	.701	.049	.014	.169	.106	.014
SUMMER-----	.952	.691	.055	.015	.142	.111	.009
FALL-----	.941	.723	.063	.014	.111	.094	.013
WINTER-----	1.008	.773	.062	.025	.104	.114	.017
UNDER 1,000-----	.812	.614	.061	.036	.121	.070	.006
1,000-1,999-----	.954	.744	.069	.029	.122	.083	.005
2,000-2,999-----	.846	.631	.055	.016	.123	.085	.007
3,000-3,999-----	.855	.634	.061	.008	.126	.080	.015
4,000-4,999-----	.997	.737	.056	.008	.122	.128	.011
5,000-5,999-----	1.057	.789	.051	.012	.129	.130	.009
6,000-6,999-----	1.099	.763	.050	.013	.162	.143	.031
7,000-9,999-----	1.246	.901	.051	.012	.173	.144	.028
10,000 AND OVER----	1.224	.837	.043	.013	.198	.175	.014

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	99.4	98.6	40.8	11.6	58.9	57.7	7.6
SUMMER-----	99.0	98.4	45.2	10.6	61.0	61.0	7.4
FALL-----	98.4	98.4	46.0	9.7	49.2	56.3	10.4
WINTER-----	98.2	97.9	44.7	18.0	43.7	54.9	9.9

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 13.--MILK, CREAM, CHEESE
HOME-PRODUCED

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL (MILK EQUIV- ALENT) ‡	MILK (FRESH, PROCESSED)			CREAM, ICE CREAM	CHEESE	SOUP, MIX- TURES
		TOTAL (EQUIV- ALENT) ‡	COMMER- CIALLY CANNED	DRY			
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

ALL HOUSEHOLDS, YEAR-	1.431	1.397	.000	.000	.063	.021	.000
SPRING-----	1.329	1.289	.000	.000	.081	.019	.000
SUMMER-----	1.403	1.358	.000	.000	.072	.037	.000
FALL-----	1.487	1.467	.000	.000	.041	.011	.000
WINTER-----	1.537	1.509	.000	.000	.056	.013	.000
UNDER 1,000-----	1.467	1.413	.000	.000	.096	.038	.000
1,000-1,999-----	1.912	1.849	.000	.000	.103	.047	.000
2,000-2,999-----	1.684	1.622	.000	.000	.119	.038	.000
3,000-3,999-----	1.247	1.213	.000	.000	.071	.015	.000
4,000-4,999-----	1.345	1.335	.000	.000	.021	.003	.000
5,000-5,999-----	1.268	1.258	.000	.000	.019	.002	.000
6,000-6,999-----	.986	.975	.000	.000	.019	.009	.000
7,000-9,999-----	1.382	1.370	.000	.000	.021	.008	.000
10,000 AND OVER----	1.103	1.093	.000	.000	.012	.009	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.396	.357	.000	.000	.031	.007	.000
SPRING-----	.375	.329	.000	.000	.040	.006	.000
SUMMER-----	.394	.347	.000	.000	.034	.013	.000
FALL-----	.399	.374	.000	.000	.021	.004	.000
WINTER-----	.421	.388	.000	.000	.029	.005	.000
UNDER 1,000-----	.424	.364	.000	.000	.047	.013	.000
1,000-1,999-----	.535	.471	.000	.000	.047	.016	.000
2,000-2,999-----	.489	.414	.000	.000	.062	.013	.000
3,000-3,999-----	.352	.310	.000	.000	.037	.005	.000
4,000-4,999-----	.356	.344	.000	.000	.011	.001	.000
5,000-5,999-----	.330	.322	.000	.000	.008	.001	.000
6,000-6,999-----	.263	.250	.000	.000	.010	.003	.000
7,000-9,999-----	.365	.351	.000	.000	.011	.003	.000
10,000 AND OVER----	.288	.281	.000	.000	.005	.003	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	32.1	31.3	.0	.0	6.8	2.9	.0
SUMMER-----	31.9	31.9	.0	.0	5.2	4.2	.0
FALL-----	29.8	29.8	.0	.0	3.6	1.6	.0
WINTER-----	29.6	28.9	.0	.0	4.9	2.1	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

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TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

SOUTH

ALL ORGANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	MEAT, POULTRY, FISH									OTHER PROTEIN FOOD				
	TOTAL	BEEF	BACON, SALT PORK	OTHER PORK	LIVER	LUNCH MEAT, FRANK- FURTERS	OTHER MEAT ‡	POULTRY	FISH SHELL- FISH	TOTAL ‡	EGGS (FRESH EQUIV- ALENT) ‡	DRY LEGUMES (DRY WEIGHT)	NUTS (SHELLED WEIGHT), PEANUT BUTTER	SOUP, MIX- TURES
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

ALL HOUSEHOLDS, YEAR-	4.358	1.408	.330	.769	.053	.366	.094	.955	.384	**	.569	.237	.135	.093
SPRING-----	4.469	1.428	.356	.819	.054	.381	.068	.901	.462	**	.611	.250	.117	.089
SUMMER-----	4.299	1.408	.344	.735	.042	.388	.069	.926	.387	**	.551	.211	.121	.086
FALL-----	4.566	1.419	.314	.759	.065	.366	.147	1.117	.379	**	.557	.234	.176	.086
WINTER-----	4.104	1.377	.304	.765	.052	.325	.096	.882	.303	**	.557	.255	.128	.113
UNDER 1,000-----	3.706	.903	.339	.602	.023	.331	.048	1.111	.349	**	.563	.330	.099	.031
1,000-1,999-----	3.819	.948	.329	.702	.050	.348	.066	.978	.399	**	.558	.355	.097	.027
2,000-2,999-----	3.777	.943	.361	.717	.062	.302	.064	.905	.423	**	.510	.360	.109	.064
3,000-3,999-----	4.094	1.114	.333	.784	.056	.398	.097	.935	.375	**	.577	.287	.124	.076
4,000-4,999-----	4.294	1.298	.332	.745	.052	.419	.105	.964	.379	**	.565	.267	.145	.074
5,000-5,999-----	4.610	1.583	.324	.785	.063	.415	.090	.993	.359	**	.598	.211	.131	.102
6,000-6,999-----	4.448	1.548	.327	.772	.048	.372	.120	.921	.341	**	.589	.180	.152	.118
7,000-7,999-----	4.799	1.650	.304	.935	.044	.382	.066	1.007	.411	**	.567	.155	.162	.152
8,000-8,999-----	4.820	1.918	.344	.738	.056	.354	.092	.919	.399	**	.624	.132	.147	.084
9,000-9,999-----	4.597	1.753	.314	.771	.037	.392	.109	.837	.383	**	.514	.153	.166	.131
10,000-14,999-----	4.919	1.976	.313	.794	.069	.318	.139	.894	.416	**	.569	.109	.181	.151
15,000 AND OVER----	5.294	2.108	.322	.905	.041	.299	.169	.982	.469	**	.566	.126	.170	.148

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	2.637	1.018	.216	.518	.029	.226	.067	.344	.219	.488	.290	.063	.083	.044
SPRING-----	2.531	.976	.194	.503	.028	.222	.053	.316	.239	.475	.278	.065	.066	.044
SUMMER-----	2.615	1.023	.231	.493	.025	.244	.053	.326	.219	.436	.254	.058	.067	.039
FALL-----	2.729	1.028	.216	.510	.033	.228	.090	.408	.216	.520	.288	.061	.115	.043
WINTER-----	2.679	1.047	.220	.568	.030	.210	.072	.330	.202	.528	.304	.068	.084	.053
UNDER 1,000-----	1.825	.561	.193	.337	.011	.180	.028	.356	.158	.413	.260	.072	.058	.020
1,000-1,999-----	1.972	.603	.190	.410	.024	.202	.042	.316	.185	.418	.262	.079	.057	.011
2,000-2,999-----	1.961	.602	.194	.426	.031	.171	.042	.297	.199	.422	.238	.083	.056	.028
3,000-3,999-----	2.195	.710	.194	.479	.028	.229	.059	.316	.179	.455	.268	.073	.067	.032
4,000-4,999-----	2.473	.884	.217	.495	.027	.248	.067	.343	.193	.484	.270	.068	.083	.037
5,000-5,999-----	2.824	1.124	.226	.539	.033	.261	.058	.362	.221	.506	.299	.061	.079	.046
6,000-6,999-----	2.803	1.118	.224	.556	.027	.233	.080	.347	.218	.520	.293	.051	.102	.058
7,000-7,999-----	3.088	1.245	.217	.665	.026	.250	.048	.377	.260	.569	.287	.051	.107	.088
8,000-8,999-----	3.208	1.459	.248	.558	.040	.234	.080	.346	.244	.503	.316	.041	.084	.044
9,000-9,999-----	3.096	1.339	.230	.573	.024	.266	.091	.331	.242	.513	.277	.055	.095	.065
10,000-14,999-----	3.542	1.633	.239	.600	.040	.230	.119	.379	.303	.557	.300	.042	.120	.072
15,000 AND OVER----	4.079	1.883	.248	.742	.027	.222	.157	.410	.391	.569	.316	.052	.118	.074

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	99.5	88.3	77.0	75.5	13.0	67.4	12.0	74.3	55.8	98.7	97.0	57.5	53.3	21.2
SUMMER-----	99.8	89.9	74.5	72.5	12.3	71.9	10.7	79.0	54.8	99.0	97.7	48.1	53.9	19.1
FALL-----	99.5	90.1	71.3	74.3	15.2	66.4	14.1	77.1	56.3	99.4	97.1	55.1	63.5	23.1
WINTER-----	99.8	90.1	69.2	74.0	14.5	68.7	13.9	72.1	55.2	100.0	98.8	57.4	60.5	24.1

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

SOUTH

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	MEAT, POULTRY, FISH									OTHER PROTEIN FOOD				
	TOTAL	BEEF	BACON, SALT PORK	OTHER PORK	LIVER	LUNCH MEAT, FRANK- FURTERS	OTHER MEAT ‡	POULTRY	FISH SHELL- FISH	TOTAL ‡	EGGS (FRESH EQUIV- ALENT) ‡	DRY LEGUMES (DRY WEIGHT)	NUTS (SHELLED WEIGHT), PEANUT BUTTER	SOUP, MIX- TURES
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)														
ALL HOUSEHOLDS, YEAR--	4.473	1.533	.303	.765	.058	.370	.098	.952	.394	**	.571	.202	.132	.111
SPRING-----	4.652	1.564	.331	.833	.064	.393	.079	.920	.468	**	.608	.212	.115	.101
SUMMER-----	4.410	1.539	.309	.748	.048	.393	.091	.890	.391	**	.547	.179	.117	.111
FALL-----	4.689	1.576	.294	.769	.071	.356	.129	1.105	.388	**	.573	.200	.176	.097
WINTER-----	4.164	1.457	.276	.710	.050	.336	.097	.910	.327	**	.559	.218	.124	.135
UNDER 1,000-----	3.787	1.059	.332	.607	.020	.314	.054	1.111	.289	**	.553	.251	.100	.038
1,000-1,999-----	4.103	1.140	.258	.714	.047	.365	.068	1.024	.485	**	.582	.348	.083	.025
2,000-2,999-----	4.017	1.177	.297	.682	.077	.315	.081	.960	.428	**	.571	.351	.114	.094
3,000-3,999-----	3.998	1.167	.294	.751	.055	.382	.096	.899	.354	**	.605	.239	.114	.099
4,000-4,999-----	4.248	1.274	.308	.728	.054	.447	.079	.986	.371	**	.545	.238	.127	.072
5,000-5,999-----	4.600	1.630	.306	.736	.070	.430	.086	.967	.375	**	.580	.197	.113	.119
6,000-6,999-----	4.493	1.652	.269	.766	.060	.374	.145	.881	.347	**	.579	.152	.146	.128
7,000-7,999-----	4.849	1.720	.307	.966	.047	.360	.076	.934	.439	**	.547	.147	.174	.161
8,000-8,999-----	4.899	1.925	.342	.742	.045	.340	.102	.972	.432	**	.594	.108	.155	.060
9,000-9,999-----	4.514	1.763	.302	.742	.031	.398	.138	.795	.343	**	.513	.146	.157	.197
10,000-14,999-----	4.982	2.028	.312	.800	.078	.318	.140	.875	.433	**	.573	.107	.176	.165
15,000 AND OVER----	5.234	1.999	.320	.914	.057	.244	.106	1.139	.455	**	.533	.073	.157	.154
MONEY VALUE PER PERSON PER WEEK (DOLLARS)														
ALL HOUSEHOLDS, YEAR--	2.811	1.135	.210	.532	.032	.234	.074	.354	.239	.501	.287	.058	.081	.053
SPRING-----	2.729	1.101	.188	.522	.033	.234	.064	.332	.253	.493	.285	.059	.067	.052
SUMMER-----	2.818	1.161	.223	.517	.029	.252	.071	.327	.238	.440	.256	.053	.062	.049
FALL-----	2.935	1.161	.217	.540	.037	.233	.087	.414	.245	.545	.302	.058	.118	.049
WINTER-----	2.773	1.117	.213	.550	.030	.217	.075	.352	.218	.533	.303	.063	.082	.061
UNDER 1,000-----	1.953	.664	.201	.359	.010	.176	.031	.360	.151	.417	.268	.056	.058	.030
1,000-1,999-----	2.208	.754	.170	.419	.023	.217	.049	.339	.236	.430	.260	.077	.047	.011
2,000-2,999-----	2.215	.778	.184	.424	.038	.184	.056	.326	.225	.474	.276	.082	.064	.041
3,000-3,999-----	2.226	.774	.182	.468	.029	.224	.057	.312	.180	.487	.288	.072	.063	.040
4,000-4,999-----	2.439	.858	.200	.473	.028	.266	.060	.355	.199	.468	.261	.065	.075	.038
5,000-5,999-----	2.863	1.165	.216	.518	.037	.270	.060	.364	.234	.492	.292	.060	.066	.053
6,000-6,999-----	2.939	1.226	.203	.562	.034	.239	.098	.344	.233	.531	.291	.050	.104	.065
7,000-7,999-----	3.175	1.296	.221	.694	.026	.245	.053	.360	.279	.578	.280	.052	.117	.087
8,000-8,999-----	3.325	1.508	.250	.574	.034	.229	.091	.373	.265	.499	.311	.036	.090	.045
9,000-9,999-----	3.110	1.368	.222	.555	.023	.270	.117	.318	.239	.515	.260	.046	.088	.072
10,000-14,999-----	3.639	1.689	.234	.636	.048	.229	.126	.360	.317	.560	.304	.044	.119	.074
15,000 AND OVER----	3.952	1.808	.250	.733	.036	.180	.099	.490	.356	.548	.299	.035	.117	.084
PERCENT OF HOUSEHOLDS USING IN A WEEK														
ALL HOUSEHOLDS														
SPRING-----	99.7	91.4	76.7	74.6	15.8	67.5	14.0	75.6	55.5	98.5	96.7	53.2	52.5	22.8
SUMMER-----	99.7	92.6	73.4	73.6	14.0	73.1	12.9	79.4	59.6	99.2	98.0	45.9	51.3	22.3
FALL-----	99.4	93.1	73.5	76.5	15.7	67.4	14.4	78.2	61.3	99.7	98.3	52.2	62.2	26.0
WINTER-----	100.0	92.1	69.3	74.5	13.9	70.0	14.6	74.0	58.2	100.0	99.5	55.7	60.6	27.5

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

SOUTH

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	MEAT, POULTRY, FISH									OTHER PROTEIN FOOD				
	TOTAL	BEEF	BACON, SALT PORK	OTHER PORK	LIVER	LUNCH MEAT, FRANK- FURTERS	OTHER MEAT *	POULTRY	FISH SHELL- FISH	TOTAL *	EGGS (FRESH EQUIV- ALENT) *	DRY LEGUMES (DRY WEIGHT)	NUTS (SHELLED WEIGHT), PEANUT BUTTER	SOUP, MIX- TURES
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)														
ALL HOUSEHOLDS, YEAR-	4.208	1.283	.354	.755	.047	.369	.091	.941	.367	**	.564	.283	.144	.079
SPRING-----	4.207	1.271	.380	.762	.042	.379	.059	.865	.449	**	.614	.292	.125	.084
SUMMER-----	4.151	1.272	.386	.710	.032	.393	.038	.937	.383	**	.554	.260	.136	.063
FALL-----	4.461	1.298	.311	.734	.059	.388	.182	1.123	.365	**	.544	.277	.178	.081
WINTER-----	4.009	1.292	.339	.820	.056	.314	.088	.834	.267	**	.550	.303	.135	.089
UNDER 1,000-----	3.662	.837	.352	.532	.025	.371	.026	1.148	.370	**	.614	.439	.110	.032
1,000-1,999-----	3.581	.802	.362	.680	.060	.344	.060	.938	.334	**	.544	.337	.113	.027
2,000-2,999-----	3.593	.766	.412	.746	.053	.301	.043	.840	.432	**	.455	.399	.103	.044
3,000-3,999-----	4.191	1.121	.343	.789	.048	.448	.086	.959	.397	**	.544	.355	.142	.062
4,000-4,999-----	4.277	1.342	.362	.718	.055	.385	.163	.884	.366	**	.597	.313	.179	.086
5,000-5,999-----	4.614	1.546	.342	.839	.051	.397	.110	1.007	.322	**	.634	.239	.155	.038
6,000-6,999-----	4.256	1.364	.406	.759	.025	.365	.081	.923	.333	**	.577	.212	.165	.117
7,000-9,999-----	4.725	1.677	.319	.809	.055	.414	.053	1.007	.393	**	.580	.172	.141	.129
10,000 AND OVER----	4.937	2.005	.302	.793	.033	.346	.196	.838	.424	**	.562	.142	.195	.139

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	2.453	.899	.222	.493	.024	.226	.059	.332	.197	.486	.278	.070	.087	.038
SPRING-----	2.289	.829	.203	.455	.021	.216	.045	.294	.227	.461	.274	.071	.070	.038
SUMMER-----	2.409	.875	.247	.471	.019	.249	.028	.322	.198	.454	.256	.069	.081	.030
FALL-----	2.547	.922	.207	.469	.029	.232	.101	.409	.180	.500	.279	.065	.109	.040
WINTER-----	2.568	.974	.232	.579	.030	.205	.065	.298	.184	.532	.303	.074	.087	.046
UNDER 1,000-----	1.753	.526	.195	.280	.012	.197	.017	.365	.160	.454	.278	.094	.063	.017
1,000-1,999-----	1.791	.483	.199	.400	.029	.199	.034	.303	.143	.414	.257	.076	.066	.011
2,000-2,999-----	1.755	.451	.203	.423	.027	.167	.030	.268	.187	.391	.206	.092	.068	.020
3,000-3,999-----	2.192	.675	.203	.476	.023	.259	.053	.324	.180	.428	.254	.076	.069	.024
4,000-4,999-----	2.502	.935	.243	.496	.028	.231	.085	.315	.170	.524	.290	.073	.110	.040
5,000-5,999-----	2.792	1.090	.243	.557	.026	.255	.063	.356	.202	.549	.322	.065	.098	.041
6,000-6,999-----	2.561	.943	.249	.535	.013	.223	.053	.345	.199	.505	.290	.050	.098	.055
7,000-9,999-----	2.981	1.234	.227	.580	.035	.264	.043	.369	.230	.527	.293	.058	.087	.070
10,000 AND OVER----	3.688	1.699	.238	.595	.016	.258	.165	.371	.345	.571	.306	.052	.125	.070

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS	99.2	84.0	77.5	77.1	10.3	68.8	9.7	71.4	57.7	99.0	97.3	63.0	55.9	20.7
SPRING-----	100.0	86.6	77.0	71.4	9.7	70.5	7.4	78.3	47.5	99.1	97.2	53.5	59.9	16.1
SUMMER-----	99.5	87.2	65.9	70.1	14.2	64.9	13.3	75.4	48.3	99.1	95.3	59.2	66.4	20.4
FALL-----	99.5	88.4	69.1	73.4	15.9	68.6	12.6	69.6	50.2	100.0	97.6	59.4	61.4	20.3
WINTER-----														

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD ALL SOURCES

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	MEAT, POULTRY, FISH									OTHER PROTEIN FOOD				
	TOTAL	BEEF	BACON, SALT PORK	OTHER PORK	LIVER	LUNCH MEAT, FRANK- FURTERS	OTHER MEAT *	POULTRY	FISH SHELL- FISH	TOTAL *	EGGS (FRESH EQUIV- ALENT) +	DRY LEGUMES (DRY WEIGHT)	NUTS (SHELLED WEIGHT), PEANUT BUTTER	SOUP, MIX- TURES
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

ALL HOUSEHOLDS, YEAR-	4.210	1.115	.402	.838	.047	.328	.078	1.016	.385	**	.571	.284	.124	.039
SPRING-----	4.281	1.169	.415	.920	.039	.323	.036	.908	.470	**	.615	.329	.104	.038
SUMMER-----	4.163	1.127	.398	.740	.041	.350	.047	1.079	.380	**	.578	.231	.096	.030
FALL-----	4.308	1.041	.422	.789	.053	.340	.123	1.157	.384	**	.520	.262	.173	.051
WINTER-----	4.048	1.127	.363	.943	.058	.286	.120	.873	.277	**	.574	.334	.129	.039
UNDER 1,000-----	3.645	.738	.324	.749	.024	.273	.089	1.025	.422	**	.466	.242	.071	.014
1,000-1,999-----	3.728	.840	.427	.732	.026	.312	.074	.965	.352	**	.535	.431	.099	.032
2,000-2,999-----	3.537	.701	.422	.749	.043	.270	.063	.901	.388	**	.471	.292	.110	.024
3,000-3,999-----	4.215	.923	.446	.884	.076	.353	.123	1.008	.404	**	.547	.312	.120	.042
4,000-4,999-----	4.652	1.291	.371	.953	.027	.360	.061	1.111	.479	**	.575	.284	.133	.049
5,000-5,999-----	4.670	1.375	.385	.940	.050	.371	.045	1.128	.375	**	.587	.267	.166	.032
6,000-6,999-----	4.938	1.568	.413	.877	.058	.380	.103	1.202	.336	**	.702	.245	.143	.053
7,000-9,999-----	4.627	1.726	.355	.886	.053	.336	.043	.930	.298	**	.779	.181	.153	.085
10,000 AND OVER---	5.308	2.029	.441	.976	.065	.338	.095	.999	.367	**	.718	.185	.174	.043

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	2.264	.753	.224	.521	.024	.183	.050	.327	.182	.420	.251	.067	.079	.017
SPRING-----	2.204	.751	.203	.545	.020	.175	.023	.290	.197	.416	.253	.077	.062	.019
SUMMER-----	2.174	.745	.229	.437	.023	.193	.031	.333	.183	.359	.236	.052	.053	.013
FALL-----	2.300	.712	.244	.491	.027	.190	.071	.377	.189	.455	.246	.064	.117	.023
WINTER-----	2.434	.827	.217	.657	.027	.172	.085	.300	.150	.469	.277	.078	.091	.015
UNDER 1,000-----	1.727	.432	.173	.426	.010	.147	.047	.329	.165	.310	.200	.053	.049	.006
1,000-1,999-----	1.849	.539	.217	.412	.012	.166	.047	.292	.164	.393	.227	.095	.058	.013
2,000-2,999-----	1.735	.462	.199	.441	.020	.143	.032	.285	.154	.347	.207	.063	.067	.008
3,000-3,999-----	2.098	.572	.218	.522	.036	.183	.079	.316	.173	.401	.232	.071	.076	.019
4,000-4,999-----	2.578	.863	.230	.626	.016	.199	.044	.369	.232	.445	.256	.065	.094	.023
5,000-5,999-----	2.661	.954	.238	.629	.027	.220	.026	.369	.199	.443	.268	.053	.101	.016
6,000-6,999-----	2.851	1.076	.270	.605	.032	.235	.067	.385	.182	.508	.317	.064	.098	.022
7,000-9,999-----	2.885	1.267	.245	.605	.029	.206	.028	.322	.183	.538	.343	.051	.099	.037
10,000 AND OVER---	3.365	1.526	.306	.627	.041	.212	.072	.349	.232	.546	.327	.062	.102	.023

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	99.5	82.4	76.5	75.4	10.6	62.2	6.1	74.8	51.6	99.3	97.5	67.8	48.5	12.0
SUMMER-----	99.7	84.2	73.5	68.7	11.0	68.7	7.7	78.1	49.7	97.7	97.1	42.6	49.4	8.7
FALL-----	99.7	81.2	77.7	75.4	15.5	65.4	15.5	76.4	53.7	99.0	95.8	58.6	61.5	14.2
WINTER-----	100.0	80.6	69.0	71.5	13.0	56.7	13.0	66.9	51.8	99.6	98.2	62.7	55.6	11.6

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 14.--MEAT, POULTRY, FISH,

OTHER PROTEIN FOOD

HOME-PRODUCED

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	MEAT, POULTRY, FISH									OTHER PROTEIN FOOD				
	TOTAL	BEEF	BACON, SALT PORK	OTHER PORK	LIVER	LUNCH MEAT, FRANK- FURTERS	OTHER MEAT *	POULTRY	FISH SHELL- FISH	TOTAL *	EGGS (FRESH EQUIV- ALENT) *	DRY LEGUMES (DRY WEIGHT)	NUTS (SHELLED WEIGHT), PEANUT BUTTER	SOUP, MIX- TURES
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

ALL HOUSEHOLDS, YEAR-	1.376	.455	.086	.362	.018	.001	.053	.279	.121	**	.276	.039	.020	.001
SPRING-----	1.538	.508	.104	.437	.017	*	.016	.246	.211	**	.319	.020	.010	.003
SUMMER-----	1.270	.396	.084	.298	.015	.000	.031	.327	.119	**	.306	.085	.002	.000
FALL-----	1.247	.449	.059	.235	.018	.001	.090	.303	.092	**	.209	.017	.050	.000
WINTER-----	1.493	.482	.100	.532	.027	.005	.085	.220	.044	**	.265	.027	.021	.000
UNDER 1,000-----	1.171	.170	.109	.285	.000	.000	.070	.371	.166	**	.296	.025	.010	.000
1,000-1,999-----	1.239	.321	.121	.357	.013	*	.051	.266	.109	**	.325	.136	.011	.000
2,000-2,999-----	1.149	.270	.075	.376	.020	.000	.057	.251	.100	**	.266	.011	.009	.002
3,000-3,999-----	1.173	.294	.074	.303	.025	.000	.082	.268	.126	**	.267	.025	.027	.001
4,000-4,999-----	1.567	.513	.081	.414	.004	*	.041	.352	.162	**	.232	.027	.032	.003
5,000-5,999-----	1.492	.487	.109	.451	.020	.009	.012	.284	.119	**	.216	.017	.014	.000
6,000-6,999-----	1.805	.781	.067	.400	.041	.002	.076	.282	.154	**	.298	.036	.025	.000
7,000-9,999-----	1.707	.891	.058	.388	.017	.001	.028	.261	.063	**	.371	.021	.033	.000
10,000 AND OVER----	1.964	1.188	.066	.378	.038	.000	.021	.173	.099	**	.220	.033	.047	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.803	.333	.043	.233	.010	.001	.033	.095	.055	.148	.117	.010	.020	*
SPRING-----	.860	.353	.045	.274	.008	*	.010	.082	.087	.148	.129	.006	.012	.001
SUMMER-----	.711	.286	.045	.189	.009	.000	.022	.105	.054	.143	.121	.019	.003	.000
FALL-----	.718	.336	.030	.142	.009	.001	.046	.105	.048	.147	.097	.006	.044	.000
WINTER-----	.981	.373	.056	.367	.012	.004	.062	.083	.024	.155	.124	.009	.022	.000
UNDER 1,000-----	.586	.127	.054	.157	.000	.000	.038	.136	.074	.147	.127	.007	.014	.000
1,000-1,999-----	.704	.238	.062	.229	.006	*	.032	.086	.051	.177	.138	.029	.009	.000
2,000-2,999-----	.622	.191	.039	.230	.008	.000	.028	.084	.043	.124	.111	.003	.009	.001
3,000-3,999-----	.659	.211	.034	.198	.014	.000	.055	.089	.058	.142	.112	.006	.024	*
4,000-4,999-----	.928	.361	.043	.287	.003	*	.031	.126	.078	.148	.102	.007	.036	.001
5,000-5,999-----	.876	.349	.053	.303	.010	.007	.006	.093	.055	.114	.093	.007	.014	.000
6,000-6,999-----	1.088	.567	.035	.257	.022	.002	.044	.092	.069	.167	.129	.013	.025	.000
7,000-9,999-----	1.113	.679	.032	.253	.010	.001	.017	.091	.030	.187	.153	.008	.026	.000
10,000 AND OVER----	1.303	.882	.035	.243	.021	.000	.012	.064	.045	.140	.097	.014	.029	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	63.4	30.0	18.4	28.9	4.1	.2	2.4	18.5	16.8	55.8	50.2	6.1	5.5	.6
SUMMER-----	56.1	27.7	14.8	24.8	4.2	.0	5.2	21.9	9.4	51.9	46.1	7.4	2.9	.0
FALL-----	57.9	27.8	12.6	19.7	5.5	.6	9.7	24.6	8.7	52.8	42.1	5.8	15.2	.0
WINTER-----	59.9	28.5	18.7	31.7	6.0	.7	8.5	17.3	5.6	51.1	41.2	8.5	12.3	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)

SOUTH

ALL URBANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL VEGETABLES						POTATOES †					
	TOTAL ‡	CANNED		FROZEN		DRIED	TOTAL (FRESH EQUIV- ALENT) ‡	CANNED		FROZEN		DRIED
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
QUANTITY PER PERSON PER WEEK (POUNDS)												
ALL HOUSEHOLDS, YEAR-	5.656	1.022	.198	.198	.133	.009	1.710	.008	.000	.045	*	.007
SPRING-----	5.269	1.015	.201	.200	.115	.010	1.604	.007	.000	.044	*	.008
SUMMER-----	6.518	.827	.113	.176	.059	.007	1.673	.006	.000	.049	.000	.006
FALL-----	5.629	1.082	.256	.181	.180	.008	1.847	.011	.000	.046	.000	.006
WINTER-----	5.142	1.184	.233	.239	.184	.010	1.724	.007	.000	.042	*	.008
UNDER 1,000-----	5.592	.715	.397	.050	.084	.003	1.520	.000	.000	.003	.000	.002
1,000-1,999-----	5.333	.697	.332	.068	.088	.003	1.463	.003	.000	.011	.000	.002
2,000-2,999-----	4.778	.726	.270	.090	.123	.007	1.304	.001	.000	.020	.000	.006
3,000-3,999-----	5.218	.894	.225	.126	.122	.004	1.557	.006	.000	.027	.001	.003
4,000-4,999-----	5.491	.931	.252	.153	.186	.007	1.663	.005	.000	.025	*	.005
5,000-5,999-----	5.827	1.114	.127	.198	.154	.010	1.799	.004	.000	.053	.000	.008
6,000-6,999-----	6.008	1.111	.143	.233	.187	.010	1.986	.005	.000	.072	.000	.008
7,000-7,999-----	6.129	1.375	.130	.290	.128	.015	2.079	.014	.000	.079	.000	.012
8,000-8,999-----	6.181	1.227	.104	.373	.105	.016	1.970	.014	.000	.102	.000	.013
9,000-9,999-----	5.601	1.297	.088	.309	.113	.011	1.955	.012	.000	.059	.000	.010
10,000-14,999-----	6.173	1.266	.142	.371	.122	.015	1.831	.020	.000	.067	.000	.012
15,000 AND OVER----	6.278	1.337	.025	.425	.071	.019	1.706	.034	.000	.105	.000	.016
MONEY VALUE PER PERSON PER WEEK (DOLLARS)												
ALL HOUSEHOLDS, YEAR-	1.029	.223	.043	.066	.045	.008	.172	.002	.000	.012	*	.005
SPRING-----	1.021	.219	.046	.067	.039	.009	.190	.002	.000	.011	*	.006
SUMMER-----	1.175	.183	.027	.056	.019	.007	.184	.002	.000	.013	.000	.005
FALL-----	.969	.230	.053	.061	.062	.007	.165	.002	.000	.012	.000	.004
WINTER-----	.937	.263	.048	.082	.062	.009	.148	.001	.000	.010	*	.006
UNDER 1,000-----	.932	.147	.082	.017	.029	.002	.138	.000	.000	.001	.000	.001
1,000-1,999-----	.888	.153	.070	.023	.029	.002	.133	.001	.000	.002	.000	.002
2,000-2,999-----	.818	.153	.058	.029	.042	.006	.125	*	.000	.004	.000	.004
3,000-3,999-----	.894	.187	.047	.042	.041	.003	.148	.001	.000	.008	*	.002
4,000-4,999-----	.957	.198	.054	.049	.061	.007	.159	.001	.000	.006	*	.004
5,000-5,999-----	1.039	.238	.029	.063	.053	.010	.181	.001	.000	.013	.000	.007
6,000-6,999-----	1.099	.243	.032	.075	.063	.008	.201	.001	.000	.017	.000	.005
7,000-7,999-----	1.172	.304	.029	.096	.043	.014	.226	.004	.000	.018	.000	.008
8,000-8,999-----	1.211	.274	.024	.124	.036	.015	.218	.003	.000	.030	.000	.009
9,000-9,999-----	1.099	.288	.020	.103	.038	.009	.203	.003	.000	.016	.000	.008
10,000-14,999-----	1.261	.291	.031	.128	.040	.015	.207	.004	.000	.019	.000	.009
15,000 AND OVER----	1.416	.331	.008	.158	.023	.016	.200	.008	.000	.027	.000	.010
PERCENT OF HOUSEHOLDS USING IN A WEEK												
ALL HOUSEHOLDS	99.1	83.8	16.0	33.7	14.1	8.7	87.2	2.0	.0	9.5	.1	5.0
SPRING-----	99.6	79.9	15.5	32.2	8.4	7.3	87.0	1.8	.0	10.2	.0	4.1
SUMMER-----	99.2	82.9	23.7	32.9	18.1	7.0	89.3	2.1	.0	10.7	.0	3.9
FALL-----	99.8	88.0	17.2	38.5	18.6	9.7	91.0	2.2	.0	8.5	*	5.1
WINTER-----												

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

SOUTH

ALL URBANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES 1964-1965 (1)	DARK GREEN ‡					DEEP YELLOW ‡					TOMATOES ‡		
	TOTAL ‡ (14)	CANNED		FROZEN		TOTAL ‡ (19)	CANNED		FROZEN		TOTAL ‡ (24)	CANNED	
		COMMER- CIAL (15)	HOME (16)	COMMER- CIAL (17)	HOME (18)		COMMER- CIAL (20)	HOME (21)	COMMER- CIAL (22)	HOME (23)		COMMER- CIAL (25)	HOME (26)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.296	.044	.005	.033	.007	.354	.036	.004	.004	.003	.843	.343	.055
SPRING-----	.282	.044	.004	.034	.008	.220	.035	.002	.004	.003	.759	.340	.055
SUMMER-----	.205	.030	.005	.029	.003	.214	.037	*	.002	.001	1.225	.299	.017
FALL-----	.397	.044	.003	.026	.005	.609	.041	.006	.004	.004	.691	.360	.076
WINTER-----	.312	.062	.009	.042	.015	.392	.030	.008	.004	.004	.662	.375	.076
UNDER 1,000-----	.460	.036	.021	.013	.008	.429	.027	.006	.002	.000	.740	.207	.102
1,000-1,999-----	.401	.040	.009	.010	.007	.385	.019	.009	*	.001	.786	.212	.096
2,000-2,999-----	.346	.036	.011	.013	.006	.385	.034	.002	.002	.002	.673	.267	.068
3,000-3,999-----	.302	.038	.003	.014	.004	.362	.031	.002	*	.005	.665	.272	.073
4,000-4,999-----	.246	.039	.006	.023	.004	.336	.028	.005	.002	.006	.784	.308	.064
5,000-5,999-----	.290	.060	.002	.038	.008	.352	.042	.002	.003	.001	.843	.356	.033
6,000-6,999-----	.212	.037	.005	.033	.011	.327	.031	.003	.001	.003	.871	.346	.035
7,000-7,999-----	.247	.064	.001	.048	.013	.350	.048	*	.008	.004	1.020	.470	.033
8,000-8,999-----	.275	.042	*	.059	.002	.349	.046	.001	.018	.002	1.026	.450	.041
9,000-9,999-----	.264	.058	.002	.049	.012	.250	.053	.000	.004	.003	.876	.459	.021
10,000-14,999-----	.218	.031	.002	.059	.009	.303	.047	.015	.006	.004	1.021	.451	.031
15,000 AND OVER----	.312	.043	*	.092	.008	.345	.055	.000	.006	*	1.192	.575	.010

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.069	.009	.001	.011	.002	.050	.008	.001	.001	.001	.180	.069	.009
SPRING-----	.064	.010	.001	.012	.003	.037	.008	*	.001	.001	.167	.068	.009
SUMMER-----	.056	.007	.001	.010	.001	.034	.008	*	.001	*	.251	.062	.003
FALL-----	.084	.008	.001	.009	.001	.078	.008	.001	.001	.001	.147	.071	.012
WINTER-----	.072	.012	.002	.014	.005	.054	.007	.001	.001	.001	.147	.078	.013
UNDER 1,000-----	.086	.006	.005	.004	.002	.054	.006	.001	.001	.000	.151	.039	.017
1,000-1,999-----	.082	.008	.003	.004	.002	.047	.004	.002	*	*	.165	.045	.016
2,000-2,999-----	.070	.006	.002	.004	.002	.051	.007	*	.001	.001	.140	.054	.011
3,000-3,999-----	.062	.007	*	.005	.001	.050	.007	*	*	.001	.141	.055	.013
4,000-4,999-----	.054	.008	.001	.007	.001	.045	.006	.001	.001	.002	.170	.065	.011
5,000-5,999-----	.068	.012	.001	.012	.003	.051	.009	*	.001	*	.178	.074	.006
6,000-6,999-----	.058	.008	.001	.011	.004	.043	.006	.001	*	.001	.187	.070	.006
7,000-7,999-----	.064	.012	*	.018	.004	.054	.011	*	.002	.001	.216	.088	.005
8,000-8,999-----	.072	.008	*	.021	.001	.053	.011	*	.005	.001	.229	.090	.008
9,000-9,999-----	.071	.013	*	.017	.004	.041	.011	.000	.002	*	.191	.092	.003
10,000-14,999-----	.070	.009	*	.021	.003	.051	.010	.002	.002	.001	.224	.095	.005
15,000 AND OVER----	.096	.011	*	.035	.002	.065	.013	.000	.002	*	.267	.118	.002

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS													
SPRING-----	52.4	12.9	.8	11.1	2.0	44.3	9.2	.2	1.2	.6	81.5	62.1	5.6
SUMMER-----	51.3	9.8	1.1	10.2	.9	39.4	8.4	*	.9	.1	89.8	62.1	3.0
FALL-----	54.7	9.7	.8	9.7	1.1	61.6	8.5	.7	1.0	.6	80.6	63.7	8.9
WINTER-----	53.4	14.6	1.3	12.8	3.8	58.0	8.5	1.5	1.5	.8	82.2	68.9	9.1

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

SOUTH

ALL ORGANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER *						SOUP, MIXTURES					
	TOTAL * (27)	CANNED		FROZEN		DRIED (32)	TOTAL * (33)	CANNED		FROZEN		DRIED (38)
		COMMER- CIAL (28)	HOME (29)	COMMER- CIAL (30)	HOME (31)			COMMER- CIAL (34)	HOME (35)	COMMER- CIAL (36)	HOME (37)	
QUANTITY PER PERSON PER WEEK (POUNDS)												
ALL HOUSEHOLDS, YEAR-	2.565	.505	.130	.115	.118	*	.103	.086	.004	.002	.002	.001
SPRING-----	2.515	.512	.139	.115	.101	.001	.094	.077	.001	.003	.001	.001
SUMMER-----	3.339	.385	.090	.094	.056	*	.082	.070	.001	.001	*	.001
FALL-----	2.200	.539	.160	.104	.167	*	.111	.087	.010	.001	*	.001
WINTER-----	2.129	.597	.136	.149	.155	*	.129	.114	.002	.001	.006	.001
UNDER 1,000-----	2.429	.396	.261	.032	.073	*	.058	.049	.007	.000	.002	*
1,000-1,999-----	2.272	.342	.217	.047	.077	.001	.083	.080	.001	*	.001	*
2,000-2,999-----	2.081	.327	.177	.056	.112	*	.074	.059	.012	.000	*	*
3,000-3,999-----	2.339	.450	.141	.084	.108	*	.107	.097	.001	.001	.001	*
4,000-4,999-----	2.527	.467	.176	.099	.169	.001	.091	.084	.001	.003	*	*
5,000-5,999-----	2.691	.563	.089	.103	.144	*	.101	.089	.001	.001	*	.001
6,000-6,999-----	2.721	.579	.091	.124	.160	*	.148	.113	.009	.003	.013	.001
7,000-7,999-----	2.744	.680	.090	.153	.109	*	.112	.098	.006	.002	.000	.003
8,000-8,999-----	2.825	.578	.061	.189	.101	*	.119	.097	.000	.005	.000	.002
9,000-9,999-----	2.497	.617	.056	.195	.098	*	.120	.098	.009	.002	.000	*
10,000-14,999-----	3.074	.627	.095	.236	.103	.001	.115	.090	.000	.003	.001	.002
15,000 AND OVER----	3.026	.542	.015	.220	.057	.001	.107	.088	.000	.003	.000	.001
MONEY VALUE PER PERSON PER WEEK (DOLLARS)												
ALL HOUSEHOLDS, YEAR-	.527	.111	.031	.041	.041	.001	.031	.024	.001	.001	*	.002
SPRING-----	.533	.110	.034	.041	.035	*	.030	.021	.001	.002	*	.002
SUMMER-----	.624	.086	.022	.032	.019	*	.025	.019	*	.001	*	.001
FALL-----	.463	.118	.037	.037	.059	.001	.032	.023	.002	.001	*	.001
WINTER-----	.479	.134	.032	.055	.053	.001	.037	.031	.001	.001	.001	.002
UNDER 1,000-----	.487	.082	.057	.012	.026	*	.016	.013	.002	.000	.001	*
1,000-1,999-----	.437	.072	.049	.017	.026	*	.024	.023	.001	*	*	*
2,000-2,999-----	.411	.068	.041	.020	.039	*	.022	.017	.003	.000	*	.001
3,000-3,999-----	.464	.090	.033	.029	.037	*	.029	.026	*	.001	*	*
4,000-4,999-----	.502	.096	.042	.034	.057	.001	.027	.022	*	.002	*	.001
5,000-5,999-----	.530	.117	.022	.036	.050	*	.031	.025	*	.001	*	.002
6,000-6,999-----	.566	.126	.023	.044	.055	*	.044	.031	.002	.002	.003	.002
7,000-7,999-----	.579	.162	.022	.056	.038	*	.034	.026	.001	.001	.000	.004
8,000-8,999-----	.603	.135	.016	.065	.034	.001	.036	.025	.000	.003	.000	.004
9,000-9,999-----	.560	.144	.014	.067	.034	.001	.033	.025	.002	.002	.000	*
10,000-14,999-----	.672	.149	.024	.084	.035	.002	.036	.024	.000	.002	*	.003
15,000 AND OVER----	.753	.155	.005	.093	.020	.002	.036	.027	.000	.001	.000	.004
PERCENT OF HOUSEHOLDS USING IN A WEEK												
ALL HOUSEHOLDS												
SPRING-----	97.2	62.4	13.9	24.8	13.6	1.5	22.5	18.8	.2	.9	.2	2.1
SUMMER-----	98.3	51.6	13.2	21.7	8.1	1.8	20.6	17.0	.2	.7	*	1.5
FALL-----	96.8	63.2	19.0	24.5	17.7	1.8	25.0	21.9	1.0	.9	.1	1.4
WINTER-----	98.2	67.2	13.1	29.1	17.5	2.8	31.2	27.4	.2	.9	.2	2.1

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)

SOUTH

URBA

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL VEGETABLES						POTATOES +					
	TOTAL #	CANNED		FROZEN		DRIED	TOTAL (FRESH EQUIV- ALENT) #	CANNED		FROZEN		DRIED
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
QUANTITY PER PERSON PER WEEK (POUNDS)												
ALL HOUSEHOLDS, YEAR--	5.428	1.190	.064	.253	.061	.010	1.639	.010	.000	.053	.000	.009
SPRING-----	5.300	1.186	.064	.242	.066	.013	1.544	.008	.000	.051	.000	.010
SUMMER-----	5.906	.964	.036	.229	.028	.009	1.610	.007	.000	.057	.000	.008
FALL-----	5.515	1.293	.070	.240	.062	.010	1.768	.016	.000	.062	.000	.008
WINTER-----	4.980	1.337	.089	.302	.089	.010	1.648	.010	.000	.041	.000	.009
UNDER 1,000-----	4.793	.990	.132	.089	.063	.002	1.056	.000	.000	.007	.000	.001
1,000-1,999-----	4.837	.929	.107	.115	.022	.005	1.396	.004	.000	.012	.000	.002
2,000-2,999-----	4.629	.951	.092	.157	.037	.008	1.137	.001	.000	.029	.000	.008
3,000-3,999-----	4.819	.977	.064	.199	.051	.002	1.488	.003	.000	.042	.000	.002
4,000-4,999-----	5.172	1.090	.064	.196	.054	.010	1.447	.004	.000	.026	.000	.008
5,000-5,999-----	5.360	1.184	.049	.222	.068	.012	1.687	.004	.000	.055	.000	.010
6,000-6,999-----	5.756	1.361	.042	.268	.086	.014	1.957	.007	.000	.070	.000	.011
7,000-7,999-----	6.038	1.423	.074	.328	.080	.019	2.091	.018	.000	.081	.000	.015
8,000-8,999-----	6.159	1.298	.034	.441	.065	.013	1.953	.019	.000	.118	.000	.010
9,000-9,999-----	5.260	1.259	.025	.354	.079	.008	1.824	.017	.000	.053	.000	.007
10,000-14,999-----	6.121	1.381	.082	.361	.079	.017	1.760	.022	.000	.065	.000	.014
15,000 AND OVER----	5.909	1.383	.029	.398	.032	.018	1.528	.051	.000	.103	.000	.016
MONEY VALUE PER PERSON PER WEEK (DOLLARS)												
ALL HOUSEHOLDS, YEAR--	1.006	.261	.015	.085	.021	.009	.171	.002	.000	.014	.000	.006
SPRING-----	1.036	.257	.015	.081	.023	.012	.186	.002	.000	.014	.000	.007
SUMMER-----	1.067	.212	.010	.073	.009	.009	.185	.002	.000	.015	.000	.007
FALL-----	.981	.276	.017	.081	.022	.008	.166	.004	.000	.016	.000	.006
WINTER-----	.935	.302	.018	.104	.030	.009	.146	.002	.000	.010	.000	.006
UNDER 1,000-----	.792	.195	.027	.030	.021	.001	.101	.000	.000	.002	.000	.001
1,000-1,999-----	.818	.205	.023	.040	.007	.002	.137	.001	.000	.003	.000	.002
2,000-2,999-----	.806	.204	.021	.053	.013	.006	.116	*	.000	.007	.000	.006
3,000-3,999-----	.817	.203	.014	.065	.018	.003	.141	.001	.000	.012	.000	.002
4,000-4,999-----	.908	.229	.015	.064	.018	.010	.147	*	.000	.006	.000	.007
5,000-5,999-----	.972	.250	.012	.070	.024	.012	.176	.001	.000	.015	.000	.009
6,000-6,999-----	1.062	.298	.010	.087	.029	.012	.203	.001	.000	.017	.000	.007
7,000-7,999-----	1.162	.330	.018	.107	.028	.017	.217	.005	.000	.017	.000	.010
8,000-8,999-----	1.219	.293	.008	.151	.022	.012	.225	.005	.000	.037	.000	.006
9,000-9,999-----	1.048	.286	.006	.118	.026	.007	.193	.004	.000	.015	.000	.005
10,000-14,999-----	1.257	.317	.019	.127	.026	.015	.199	.005	.000	.017	.000	.009
15,000 AND OVER----	1.323	.345	.009	.143	.012	.012	.184	.010	.000	.027	.000	.008
PERCENT OF HOUSEHOLDS USING IN A WEEK												
ALL HOUSEHOLDS												
SPRING-----	99.2	86.9	8.3	38.4	8.3	10.3	87.4	2.3	.0	11.0	.0	5.4
SUMMER-----	99.7	86.3	7.9	42.6	4.3	9.4	89.8	1.8	.0	13.5	.0	5.1
FALL-----	99.2	88.1	11.6	40.9	10.2	8.6	90.3	2.5	.0	13.0	.0	5.0
WINTER-----	99.8	89.6	10.1	45.8	10.1	11.1	92.3	3.0	.0	9.4	.0	6.2

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

SOUTH

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	DARK GREEN ‡					DEEP YELLOW ‡					TOMATOES ‡		
	TOTAL ‡	CANNED		FROZEN		TOTAL ‡	CANNED		FROZEN		TOTAL ‡	CANNED	
		COMMER- CIAL	HOME	COMMER- CIAL	HOME		COMMER- CIAL	HOME	COMMER- CIAL	HOME		COMMER- CIAL	HOME
(1)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)	(25)	(26)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	.290	.053	.002	.045	.005	.318	.040	.001	.006	.001	.814	.396	.015
SPRING-----	.290	.056	.001	.044	.005	.240	.040	.000	.007	.001	.802	.392	.014
SUMMER-----	.213	.029	.001	.044	.001	.224	.040	.000	.003	.000	1.072	.353	.004
FALL-----	.369	.058	.002	.037	.002	.510	.051	.002	.007	.001	.712	.431	.019
WINTER-----	.298	.069	.003	.056	.011	.321	.031	.002	.006	.001	.648	.414	.024
UNDER 1,000-----	.537	.065	.007	.015	.013	.298	.021	.000	.006	.000	.548	.295	.041
1,000-1,999-----	.352	.061	.001	.019	.000	.304	.023	.006	.000	.000	.628	.266	.022
2,000-2,999-----	.378	.061	.005	.027	.006	.356	.039	.000	.004	.000	.696	.346	.020
3,000-3,999-----	.284	.052	.000	.023	.003	.343	.027	.000	.001	.000	.617	.298	.017
4,000-4,999-----	.295	.042	.008	.035	.001	.309	.036	.000	.004	.000	.772	.367	.004
5,000-5,999-----	.295	.061	*	.048	.006	.314	.045	.000	.005	.000	.782	.378	.014
6,000-6,999-----	.207	.051	.001	.039	.003	.304	.040	.000	.001	.002	.849	.422	.013
7,000-7,999-----	.221	.057	.002	.053	.009	.363	.061	.000	.011	.004	.978	.452	.015
8,000-8,999-----	.274	.042	.000	.075	.001	.374	.047	.000	.026	.000	.936	.480	.010
9,000-9,999-----	.272	.051	.000	.066	.013	.209	.059	.000	.001	.004	.791	.450	.004
10,000-14,999-----	.221	.031	.000	.064	.007	.282	.035	.005	.008	.001	1.053	.506	.022
15,000 AND OVER----	.298	.032	.000	.094	.000	.322	.059	.000	.007	.000	1.041	.554	.013

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.069	.011	*	.015	.002	.047	.009	*	.002	*	.175	.079	.003
SPRING-----	.071	.014	*	.015	.002	.039	.009	.000	.002	*	.180	.076	.003
SUMMER-----	.056	.007	*	.014	*	.036	.008	.000	.001	.000	.217	.071	.001
FALL-----	.080	.011	.001	.013	.001	.069	.011	*	.002	*	.155	.084	.003
WINTER-----	.070	.014	.001	.018	.004	.047	.007	*	.002	*	.145	.086	.004
UNDER 1,000-----	.092	.011	.002	.005	.004	.039	.005	.000	.002	.000	.110	.053	.007
1,000-1,999-----	.067	.012	*	.007	.000	.043	.006	.001	.000	.000	.131	.052	.004
2,000-2,999-----	.078	.011	.001	.009	.002	.049	.009	.000	.001	.000	.145	.070	.003
3,000-3,999-----	.060	.010	.000	.008	.001	.048	.006	.000	*	.000	.133	.059	.003
4,000-4,999-----	.065	.009	.001	.010	*	.041	.007	.000	.001	.000	.170	.076	.001
5,000-5,999-----	.068	.013	*	.015	.002	.046	.010	.000	.002	.000	.159	.076	.002
6,000-6,999-----	.057	.012	*	.013	.001	.042	.008	.000	.001	.001	.182	.085	.002
7,000-7,999-----	.060	.013	*	.020	.003	.056	.014	.000	.003	.001	.220	.092	.003
8,000-8,999-----	.076	.009	.000	.027	*	.059	.012	.000	.007	.000	.208	.094	.002
9,000-9,999-----	.076	.011	.000	.022	.005	.036	.013	.000	*	.001	.179	.092	.001
10,000-14,999-----	.072	.010	.000	.023	.003	.047	.008	.001	.003	*	.234	.106	.003
15,000 AND OVER----	.087	.009	.000	.035	.000	.063	.014	.000	.002	.000	.225	.108	.002

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS													
SPRING-----	55.5	15.5	.3	13.3	1.3	48.2	10.3	.0	1.8	.3	83.2	63.1	2.2
SUMMER-----	54.8	10.7	.3	14.5	.5	43.4	9.4	.0	1.3	.0	88.6	66.2	1.0
FALL-----	58.0	11.6	.8	12.7	.8	62.7	9.9	.3	1.4	.3	81.5	67.7	3.3
WINTER-----	57.4	16.8	.5	16.3	2.7	57.9	9.2	.2	2.5	.2	83.7	73.3	4.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

SOUTH

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER ‡						SOUP, MIXTURES					
	TOTAL ‡ (27)	CANNED		FROZEN		DRIED (32)	TOTAL ‡ (33)	CANNED		FROZEN		DRIED (38)
		COMMER- CIAL (28)	HOME (29)	COMMER- CIAL (30)	HOME (31)			COMMER- CIAL (34)	HOME (35)	COMMER- CIAL (36)	HOME (37)	
QUANTITY PER PERSON PER WEEK (POUNDS)												
ALL HOUSEHOLDS, YEAR-	2.498	.590	.045	.147	.054	*	.114	.100	.001	.002	*	.001
SPRING-----	2.549	.604	.049	.136	.059	.001	.109	.088	.001	.004	.001	.002
SUMMER-----	2.950	.454	.031	.124	.027	*	.091	.080	.000	.002	.000	.001
FALL-----	2.309	.632	.041	.133	.057	*	.116	.104	.005	.002	.000	.001
WINTER-----	2.144	.681	.059	.198	.075	.001	.140	.132	.000	.001	.000	.001
UNDER 1,000-----	2.304	.549	.083	.061	.046	.000	.066	.060	.000	.000	.005	.001
1,000-1,999-----	2.137	.478	.077	.084	.022	.002	.099	.097	.002	.000	.000	.000
2,000-2,999-----	2.071	.412	.067	.097	.031	*	.096	.092	.000	.000	.000	.000
3,000-3,999-----	2.096	.492	.047	.132	.048	*	.112	.104	.000	.001	.000	*
4,000-4,999-----	2.411	.547	.052	.126	.049	.001	.102	.094	.000	.005	.000	.001
5,000-5,999-----	2.456	.609	.035	.114	.062	*	.097	.087	.000	*	.000	.001
6,000-6,999-----	2.573	.696	.028	.155	.081	*	.160	.145	.000	.003	.000	.002
7,000-7,999-----	2.673	.730	.050	.181	.068	*	.122	.104	.008	.002	.000	.003
8,000-8,999-----	2.889	.617	.025	.215	.064	*	.123	.093	.000	.008	.000	.002
9,000-9,999-----	2.343	.569	.013	.231	.062	*	.139	.113	.008	.003	.000	*
10,000-14,999-----	3.068	.678	.055	.221	.066	.001	.131	.108	.000	.002	.000	.002
15,000 AND OVER----	2.977	.590	.016	.190	.032	.001	.125	.097	.000	.003	.000	.001
MONEY VALUE PER PERSON PER WEEK (DOLLARS)												
ALL HOUSEHOLDS, YEAR-	.510	.132	.011	.052	.019	.001	.034	.027	*	.001	*	.002
SPRING-----	.525	.131	.012	.047	.020	.001	.035	.024	*	.003	*	.003
SUMMER-----	.545	.102	.009	.042	.009	.001	.028	.022	.000	.001	.000	.002
FALL-----	.478	.141	.011	.049	.021	*	.033	.027	.001	.001	.000	.001
WINTER-----	.488	.157	.013	.072	.026	.001	.039	.035	.000	.001	.000	.001
UNDER 1,000-----	.432	.109	.018	.021	.016	.000	.019	.017	.000	.000	.001	.001
1,000-1,999-----	.410	.106	.018	.030	.007	.001	.029	.028	.001	.000	.000	.000
2,000-2,999-----	.390	.089	.017	.036	.011	*	.027	.025	.000	.000	.000	.000
3,000-3,999-----	.407	.101	.012	.044	.017	*	.028	.025	.000	.001	.000	*
4,000-4,999-----	.455	.112	.013	.043	.017	.001	.030	.025	.000	.004	.000	.001
5,000-5,999-----	.493	.127	.009	.039	.022	*	.030	.024	.000	*	.000	.002
6,000-6,999-----	.530	.154	.007	.055	.028	.001	.049	.039	.000	.002	.000	.003
7,000-7,999-----	.570	.179	.013	.066	.024	.001	.037	.027	.002	.001	.000	.005
8,000-8,999-----	.611	.148	.006	.076	.022	.001	.040	.026	.000	.004	.000	.004
9,000-9,999-----	.526	.137	.004	.079	.021	.001	.039	.028	.002	.002	.000	*
10,000-14,999-----	.664	.159	.015	.083	.022	.001	.040	.030	.000	.001	.000	.003
15,000 AND OVER----	.725	.174	.006	.077	.012	.002	.038	.029	.000	.002	.000	.001
PERCENT OF HOUSEHOLDS USING IN A WEEK												
ALL HOUSEHOLDS												
SPRING-----	97.2	68.6	7.0	29.0	7.8	2.0	24.6	20.4	.1	1.1	.1	2.6
SUMMER-----	98.5	59.6	7.1	27.9	4.3	2.5	22.3	18.5	.0	1.0	.0	2.3
FALL-----	98.1	71.3	8.3	29.8	9.9	2.2	28.5	25.4	.6	.8	.0	1.4
WINTER-----	98.8	72.5	8.2	33.9	9.7	3.2	33.9	30.7	.0	.7	.0	2.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)

SOUTH

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL VEGETABLES						POTATOES *					
	TOTAL ‡	CANNED		FROZEN		DRIED	TOTAL (FRESH EQUIV- ALENT) ‡	CANNED		FROZEN		DRIED
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	5.859	.898	.299	.150	.186	.007	1.811	.005	.000	.041	*	.006
SPRING-----	5.222	.857	.313	.166	.137	.009	1.673	.007	.000	.037	.001	.007
SUMMER-----	7.087	.750	.163	.131	.068	.005	1.724	.007	.000	.046	.000	.005
FALL-----	5.727	.943	.402	.136	.269	.006	2.001	.005	.000	.031	.000	.005
WINTER-----	5.311	1.053	.323	.171	.276	.009	1.846	.002	.000	.051	.000	.008
UNDER 1,000-----	6.444	.662	.565	.034	.069	.004	2.010	.000	.000	.000	.000	.004
1,000-1,999-----	5.390	.583	.380	.042	.085	.002	1.359	.004	.000	.012	.000	.002
2,000-2,999-----	4.628	.609	.303	.043	.152	.007	1.380	.000	.000	.016	.000	.006
3,000-3,999-----	5.645	.974	.291	.060	.153	.006	1.657	.013	.000	.013	.002	.006
4,000-4,999-----	5.822	.762	.482	.107	.355	.003	1.993	.008	.000	.027	.000	.002
5,000-5,999-----	6.487	1.115	.175	.186	.249	.008	2.046	.005	.000	.056	.000	.007
6,000-6,999-----	6.012	.804	.194	.207	.269	.005	2.006	.003	.000	.083	.000	.005
7,000-9,999-----	6.211	1.351	.204	.235	.144	.017	2.073	.002	.000	.078	.000	.015
10,000 AND OVER----	6.365	1.132	.167	.448	.131	.016	1.993	.011	.000	.084	.000	.012

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	1.043	.193	.063	.050	.062	.007	.175	.001	.000	.010	*	.005
SPRING-----	.999	.182	.067	.057	.046	.007	.193	.001	.000	.009	*	.005
SUMMER-----	1.266	.167	.036	.042	.023	.004	.179	.002	.000	.012	.000	.004
FALL-----	.959	.200	.081	.045	.091	.006	.174	.001	.000	.008	.000	.004
WINTER-----	.936	.225	.067	.057	.092	.011	.153	*	.000	.011	.000	.006
UNDER 1,000-----	1.063	.142	.114	.012	.024	.003	.171	.000	.000	.000	.000	.003
1,000-1,999-----	.887	.126	.078	.014	.028	.002	.114	.001	.000	.003	.000	.002
2,000-2,999-----	.788	.124	.064	.012	.052	.007	.128	.000	.000	.003	.000	.003
3,000-3,999-----	.970	.202	.057	.021	.051	.004	.158	.001	.000	.003	.001	.004
4,000-4,999-----	.999	.167	.100	.033	.116	.003	.173	.002	.000	.005	.000	.001
5,000-5,999-----	1.127	.244	.039	.060	.085	.008	.198	.001	.000	.011	.000	.005
6,000-6,999-----	1.069	.174	.044	.067	.089	.004	.192	.001	.000	.020	.000	.004
7,000-9,999-----	1.181	.276	.046	.076	.048	.014	.228	.001	.000	.020	.000	.011
10,000 AND OVER----	1.354	.267	.035	.161	.043	.018	.225	.003	.000	.023	.000	.009

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	98.9	81.4	24.6	29.7	19.5	6.9	87.4	1.6	.0	7.9	.2	5.0
SUMMER-----	99.5	72.8	22.1	20.3	11.5	4.6	82.0	2.3	.0	6.0	.0	3.2
FALL-----	99.1	77.7	36.5	25.6	23.7	5.2	89.1	1.4	.0	8.5	.0	2.8
WINTER-----	100.0	89.4	22.2	30.4	28.0	8.2	89.9	1.0	.0	7.7	.0	3.9

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

SOUTH

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	DARK GREEN ‡					DEEP YELLOW ‡					TOMATOES ‡		
	TOTAL ‡ (14)	CANNED		FROZEN		TOTAL ‡ (19)	CANNED		FROZEN		TOTAL ‡ (24)	CANNED	
		COMMER- CIAL (15)	HOME (16)	COMMER- CIAL (17)	HOME (18)		COMMER- CIAL (20)	HOME (21)	COMMER- CIAL (22)	HOME (23)		COMMER- CIAL (25)	HOME (26)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	.303	.039	.008	.020	.010	.372	.033	.008	.001	.004	.875	.298	.088
SPRING-----	.275	.030	.006	.024	.012	.195	.033	.001	.001	.005	.730	.290	.096
SUMMER-----	.211	.036	.012	.014	.004	.216	.034	.000	.002	.000	1.368	.250	.020
FALL-----	.402	.033	.003	.016	.008	.640	.036	.013	.001	.006	.677	.307	.122
WINTER-----	.328	.057	.012	.026	.016	.439	.028	.017	.000	.007	.696	.348	.118
UNDER 1,000-----	.439	.019	.039	.014	.004	.497	.036	.013	.000	.000	.913	.173	.137
1,000-1,999-----	.480	.032	.013	.004	.011	.374	.016	.008	.001	.000	.898	.179	.131
2,000-2,999-----	.336	.012	.015	.000	.006	.348	.038	.003	.000	.001	.625	.230	.060
3,000-3,999-----	.340	.027	.007	.005	.004	.381	.040	.000	.000	.009	.683	.280	.122
4,000-4,999-----	.161	.039	.001	.006	.006	.352	.018	.014	.000	.018	.801	.235	.149
5,000-5,999-----	.273	.069	.006	.027	.008	.370	.041	.005	.000	.002	.916	.346	.042
6,000-6,999-----	.192	.015	.007	.027	.018	.333	.016	.007	.000	.000	.791	.237	.035
7,000-9,999-----	.240	.074	.002	.029	.013	.315	.033	.000	.005	.003	1.145	.501	.065
10,000 AND OVER----	.237	.043	*	.066	.014	.355	.064	.027	.002	.008	1.098	.439	.027

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.069	.007	.002	.007	.003	.051	.007	.001	*	.001	.182	.061	.015
SPRING-----	.057	.006	.002	.009	.004	.034	.007	*	*	.001	.155	.060	.015
SUMMER-----	.061	.008	.003	.005	.001	.032	.008	.000	.001	.000	.273	.053	.004
FALL-----	.084	.006	*	.006	.002	.082	.007	.002	*	.001	.138	.060	.019
WINTER-----	.073	.010	.002	.010	.005	.057	.007	.003	.000	.003	.156	.072	.021
UNDER 1,000-----	.091	.003	.009	.004	.001	.064	.009	.002	.000	.000	.182	.034	.022
1,000-1,999-----	.101	.006	.005	.002	.003	.044	.003	.002	*	.000	.185	.041	.022
2,000-2,999-----	.066	.002	.003	.000	.002	.045	.008	*	.000	*	.128	.046	.010
3,000-3,999-----	.068	.005	.001	.002	.001	.054	.008	.000	.000	.003	.139	.057	.020
4,000-4,999-----	.036	.007	*	.002	.002	.049	.004	.002	.000	.006	.168	.052	.025
5,000-5,999-----	.067	.014	.001	.011	.003	.055	.009	.001	.000	.001	.198	.076	.007
6,000-6,999-----	.054	.003	.001	.010	.007	.040	.005	.002	.000	.000	.166	.048	.006
7,000-9,999-----	.058	.013	*	.011	.004	.046	.008	.000	.002	.001	.227	.088	.011
10,000 AND OVER----	.079	.009	*	.027	.004	.063	.014	.004	*	.001	.243	.096	.004

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS													
SPRING-----	48.3	9.0	1.6	8.9	2.7	40.1	8.1	.3	.3	1.0	80.1	62.5	9.4
SUMMER-----	47.9	9.7	2.8	5.1	.9	35.0	6.9	.0	.5	.0	91.7	58.1	3.7
FALL-----	48.8	8.1	.5	6.6	1.4	56.9	7.1	1.4	.5	.9	80.6	60.2	14.7
WINTER-----	45.9	11.6	1.9	8.2	4.8	58.0	7.7	3.4	.0	1.4	80.7	64.7	14.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

SOUTH

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER †						SOUP, MIXTURES					
	TOTAL ‡	CANNED		FROZEN		DRIED	TOTAL ‡	CANNED		FROZEN		DRIED
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME	
	(27)	(28)	(29)	(30)	(31)	(32)	(33)	(34)	(35)	(36)	(37)	(38)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	2.599	.449	.188	.088	.166	*	.099	.074	.007	.001	.004	.001
SPRING-----	2.449	.428	.208	.103	.118	*	.080	.070	.001	.001	*	.001
SUMMER-----	3.696	.360	.128	.069	.064	*	.078	.062	.003	*	.000	*
FALL-----	2.095	.490	.247	.088	.255	*	.116	.073	.017	.001	.000	.001
WINTER-----	2.091	.524	.170	.092	.231	*	.122	.094	.006	.002	.016	.001
UNDER 1,000-----	2.598	.388	.360	.020	.063	.000	.063	.047	.017	.000	.000	.000
1,000-1,999-----	2.247	.275	.228	.024	.073	.000	.078	.077	.000	.000	.001	.000
2,000-2,999-----	1.955	.299	.195	.027	.145	*	.060	.029	.030	.000	.000	.001
3,000-3,999-----	2.586	.506	.163	.042	.131	.000	.118	.107	.000	.000	.000	*
4,000-4,999-----	2.595	.386	.318	.072	.324	*	.081	.075	.000	.001	.000	*
5,000-5,999-----	3.005	.548	.122	.101	.238	*	.116	.107	.000	.002	.000	.001
6,000-6,999-----	2.749	.454	.122	.094	.211	.000	.145	.078	.022	.003	.040	*
7,000-9,999-----	2.803	.650	.138	.123	.128	*	.092	.090	.000	.001	.000	.001
10,000 AND OVER----	3.029	.521	.112	.292	.108	.001	.071	.054	.000	.004	.000	.002

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.537	.095	.043	.032	.057	*	.030	.021	.002	.001	.001	.002
SPRING-----	.537	.090	.049	.038	.041	*	.024	.019	*	.001	*	.001
SUMMER-----	.698	.078	.029	.024	.021	*	.023	.018	.001	*	.000	*
FALL-----	.446	.105	.055	.030	.087	.001	.034	.021	.004	.001	.000	.001
WINTER-----	.458	.110	.039	.035	.079	*	.038	.026	.001	.002	.004	.004
UNDER 1,000-----	.538	.085	.075	.007	.022	.000	.016	.012	.005	.000	.000	.000
1,000-1,999-----	.422	.055	.049	.009	.025	.000	.022	.021	.000	.000	*	.000
2,000-2,999-----	.401	.059	.044	.009	.050	*	.020	.009	.008	.000	.000	.004
3,000-3,999-----	.514	.098	.036	.016	.045	.000	.037	.033	.000	.000	.000	*
4,000-4,999-----	.548	.081	.073	.025	.107	*	.025	.021	.000	.001	.000	.001
5,000-5,999-----	.572	.114	.029	.036	.082	*	.036	.031	.000	.001	.000	.002
6,000-6,999-----	.575	.095	.029	.035	.072	.000	.042	.022	.006	.002	.010	*
7,000-9,999-----	.595	.142	.035	.042	.043	*	.026	.024	.000	*	.000	.002
10,000 AND OVER----	.717	.131	.027	.108	.038	.004	.027	.014	.000	.003	.000	.005

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	97.1	55.9	21.2	20.8	19.1	.8	20.5	17.6	.2	.6	.2	1.6
SUMMER-----	98.2	45.6	18.0	15.7	11.1	.5	19.4	15.7	.5	.5	.0	.5
FALL-----	94.8	56.4	30.3	20.4	22.7	.9	20.9	18.0	1.4	.9	.0	1.9
WINTER-----	97.6	62.8	15.5	24.6	26.1	1.9	29.0	23.7	.5	1.4	.5	2.9

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
ALL SOURCES

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL VEGETABLES						POTATOES †					
	TOTAL ‡	CANNED		FROZEN		DRIED	TOTAL (FRESH EQUIV- ALENT) ‡	CANNED		FROZEN		DRIED
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
QUANTITY PER PERSON PER WEEK (POUNDS)												
ALL HOUSEHOLDS, YEAR-	6.277	.488	.624	.046	.362	.003	1.773	.003	.000	.018	.001	.002
SPRING-----	5.246	.573	.602	.073	.324	.004	1.713	.002	.000	.021	.001	.003
SUMMER-----	8.000	.341	.365	.031	.198	.002	1.852	.001	.000	.016	.000	.001
FALL-----	5.867	.501	.696	.036	.467	.002	1.736	.007	.000	.018	.000	.001
WINTER-----	5.661	.576	.950	.047	.519	.003	1.789	.002	.000	.015	.002	.002
UNDER 1,000-----	5.268	.274	.552	.008	.163	.001	1.342	.000	.000	.000	.000	.000
1,000-1,999-----	6.573	.380	.824	.015	.281	.002	1.961	.002	.000	.001	.000	.002
2,000-2,999-----	5.566	.362	.696	.013	.300	.001	1.596	.004	.000	.003	.000	.001
3,000-3,999-----	5.676	.458	.628	.017	.298	.003	1.582	.000	.000	.007	.002	*
4,000-4,999-----	6.313	.535	.608	.048	.407	.004	1.840	.003	.000	.011	.001	.002
5,000-5,999-----	6.794	.599	.517	.073	.424	.002	1.710	.001	.000	.031	.000	.001
6,000-6,999-----	7.824	.597	.657	.086	.575	.002	2.108	.001	.000	.045	.000	.001
7,000-9,999-----	6.907	.659	.465	.114	.549	.008	2.224	.010	.000	.044	.000	.008
10,000 AND OVER----	7.424	.858	.343	.194	.592	.005	2.005	.018	.000	.083	.000	.005
MONEY VALUE PER PERSON PER WEEK (DOLLARS)												
ALL HOUSEHOLDS, YEAR-	1.111	.108	.137	.014	.121	.002	.171	.001	.000	.005	*	.001
SPRING-----	1.006	.123	.143	.024	.104	.003	.203	*	.000	.006	*	.002
SUMMER-----	1.466	.081	.085	.010	.065	.003	.196	*	.000	.004	.000	.001
FALL-----	.940	.105	.142	.010	.162	.002	.131	.001	.000	.004	.000	.001
WINTER-----	.954	.133	.198	.015	.173	.002	.145	*	.000	.004	*	.001
UNDER 1,000-----	.920	.063	.123	.002	.056	*	.137	.000	.000	.000	.000	.000
1,000-1,999-----	1.087	.085	.179	.005	.092	.002	.178	*	.000	*	.000	.001
2,000-2,999-----	.928	.075	.148	.005	.101	.001	.145	.001	.000	.001	.000	.001
3,000-3,999-----	.998	.100	.136	.005	.097	.004	.155	.000	.000	.002	*	*
4,000-4,999-----	1.113	.118	.138	.015	.137	.004	.178	*	.000	.003	*	.001
5,000-5,999-----	1.206	.133	.115	.020	.144	.002	.158	*	.000	.007	.000	.001
6,000-6,999-----	1.491	.133	.151	.027	.194	.001	.221	*	.000	.014	.000	.001
7,000-9,999-----	1.305	.153	.099	.036	.187	.005	.221	.002	.000	.012	.000	.005
10,000 AND OVER----	1.487	.195	.077	.059	.193	.005	.224	.004	.000	.021	.000	.004
PERCENT OF HOUSEHOLDS USING IN A WEEK												
ALL HOUSEHOLDS												
SPRING-----	99.3	70.5	40.1	14.0	35.9	3.2	85.2	.7	.0	4.2	.1	2.0
SUMMER-----	99.4	63.5	41.3	7.7	23.5	3.5	86.5	.6	.0	4.2	.0	1.0
FALL-----	99.7	68.9	53.4	9.1	48.5	3.9	83.5	1.9	.0	3.6	.0	1.0
WINTER-----	99.3	68.0	56.7	10.6	50.7	3.9	84.2	.4	.0	3.5	.4	1.1

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED ALL SOURCES

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	DARK GREEN ‡					DEEP YELLOW ‡					TOMATOES ‡		
	TOTAL ‡ (14)	CANNED		FROZEN		TOTAL ‡ (19)	CANNED		FROZEN		TOTAL ‡ (24)	CANNED	
		COMMER- CIAL (15)	HOME (16)	COMMER- CIAL (17)	HOME (18)		COMMER- CIAL (20)	HOME (21)	COMMER- CIAL (22)	HOME (23)		COMMER- CIAL (25)	HOME (26)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.313	.017	.013	.005	.015	.494	.021	.009	*	.009	.902	.189	.173
SPRING-----	.257	.024	.010	.010	.013	.182	.018	.013	.001	.008	.614	.218	.150
SUMMER-----	.146	.011	.004	.002	.007	.155	.024	.002	.000	.005	1.597	.169	.070
FALL-----	.513	.008	.012	.003	.009	.997	.014	.002	.000	.011	.629	.181	.207
WINTER-----	.361	.028	.034	.007	.036	.733	.033	.023	.000	.016	.628	.190	.315
UNDER 1,000-----	.351	.013	.007	.004	.006	.537	.017	.002	.001	.000	.738	.106	.145
1,000-1,999-----	.298	.005	.018	.002	.014	.646	.017	.022	*	.009	.902	.158	.202
2,000-2,999-----	.277	.024	.020	.002	.008	.558	.012	.008	.000	.013	.724	.132	.221
3,000-3,999-----	.285	.013	.005	.001	.006	.389	.024	.011	.000	.012	.787	.171	.192
4,000-4,999-----	.246	.015	.010	.005	.016	.448	.014	.008	.000	.002	.801	.203	.135
5,000-5,999-----	.310	.017	.003	.010	.025	.556	.024	.005	.000	.008	1.019	.231	.136
6,000-6,999-----	.330	.022	.028	.007	.029	.476	.021	.003	.000	.018	1.368	.261	.190
7,000-9,999-----	.498	.018	.000	.020	.017	.355	.032	.005	.000	.011	1.057	.258	.163
10,000 AND OVER----	.356	.028	.037	.013	.031	.388	.057	.000	.000	.007	1.273	.331	.099

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.068	.003	.002	.002	.005	.061	.005	.002	*	.003	.200	.042	.029
SPRING-----	.050	.005	.002	.004	.004	.031	.004	.003	*	.002	.136	.046	.027
SUMMER-----	.046	.002	.001	.001	.002	.026	.007	*	.000	.001	.363	.039	.013
FALL-----	.101	.002	.002	.001	.003	.106	.002	*	.000	.003	.140	.040	.033
WINTER-----	.078	.006	.007	.003	.012	.092	.008	.004	.000	.005	.127	.043	.050
UNDER 1,000-----	.064	.002	.002	.001	.002	.064	.005	*	*	.000	.164	.024	.025
1,000-1,999-----	.065	.001	.003	.001	.004	.069	.004	.004	*	.002	.200	.036	.035
2,000-2,999-----	.057	.004	.004	.001	.002	.067	.003	.001	.000	.004	.151	.029	.030
3,000-3,999-----	.056	.002	.001	*	.002	.050	.006	.002	.000	.003	.169	.038	.031
4,000-4,999-----	.055	.004	.002	.002	.005	.058	.003	.002	.000	.001	.178	.046	.022
5,000-5,999-----	.076	.004	.001	.003	.008	.070	.006	.001	.000	.003	.234	.055	.022
6,000-6,999-----	.079	.006	.005	.003	.010	.064	.005	.001	.000	.005	.316	.058	.031
7,000-9,999-----	.110	.005	.000	.006	.005	.050	.007	.001	.000	.004	.240	.054	.029
10,000 AND OVER----	.088	.007	.006	.005	.010	.057	.011	.000	.000	.002	.287	.067	.020

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS													
SPRING-----	45.0	8.0	2.0	3.5	3.7	31.8	5.2	1.6	.2	1.6	75.3	53.3	16.7
SUMMER-----	40.3	5.2	.6	1.0	2.9	29.4	6.8	.3	.0	1.0	90.6	50.0	12.9
FALL-----	55.7	3.6	2.3	1.3	1.6	72.2	3.9	.6	.0	1.9	74.8	51.5	23.6
WINTER-----	51.4	8.1	5.3	1.8	9.2	59.5	5.6	4.2	.0	3.2	76.4	49.6	32.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED ALL SOURCES

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER *						SOUP, MIXTURES					
	TOTAL # (27)	CANNED		FROZEN		DRIED (32)	TOTAL # (33)	CANNED		FROZEN		DRIED (38)
		COMMER- CIAL (28)	HOME (29)	COMMER- CIAL (30)	HOME (31)			COMMER- CIAL (34)	HOME (35)	COMMER- CIAL (36)	HOME (37)	

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	2.830	.211	.422	.022	.324	*	.062	.046	.007	.001	.003	*
SPRING-----	2.532	.270	.423	.040	.285	.001	.054	.040	.006	.001	.004	*
SUMMER-----	4.299	.098	.284	.012	.185	*	.054	.040	.005	.000	.002	*
FALL-----	2.002	.238	.464	.013	.423	*	.072	.052	.012	.002	.002	.000
WINTER-----	2.175	.265	.574	.025	.448	*	.069	.058	.004	*	.004	.000
UNDER 1,000-----	2.298	.105	.399	.003	.151	.001	.032	.032	.000	.000	.000	.000
1,000-1,999-----	2.735	.155	.580	.011	.242	*	.053	.043	.002	.001	.001	*
2,000-2,999-----	2.412	.153	.446	.007	.263	.000	.042	.038	.001	.000	.003	.000
3,000-3,999-----	2.642	.198	.413	.008	.261	.001	.065	.052	.008	.000	.004	*
4,000-4,999-----	3.015	.251	.449	.032	.371	.001	.061	.049	.006	.000	.003	.000
5,000-5,999-----	3.235	.286	.360	.032	.387	*	.069	.040	.014	.000	.004	.000
6,000-6,999-----	3.670	.256	.420	.028	.517	*	.067	.036	.016	.006	.000	*
7,000-9,999-----	2.933	.277	.275	.049	.514	*	.089	.065	.021	.001	.000	*
10,000 AND OVER----	3.567	.342	.206	.095	.495	.000	.134	.082	.000	.004	.020	*

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.593	.045	.101	.008	.111	*	.018	.013	.002	*	.001	*
SPRING-----	.569	.057	.108	.013	.095	*	.017	.011	.003	*	.001	*
SUMMER-----	.819	.021	.070	.005	.062	*	.016	.011	.001	.000	*	*
FALL-----	.443	.047	.104	.005	.151	.001	.019	.013	.003	.001	.001	.000
WINTER-----	.493	.060	.137	.008	.153	.001	.019	.016	.001	*	.001	.000
UNDER 1,000-----	.480	.021	.096	.001	.053	*	.011	.011	.000	.000	.000	.000
1,000-1,999-----	.559	.031	.136	.004	.082	.001	.016	.013	.001	*	*	*
2,000-2,999-----	.497	.029	.106	.003	.092	.000	.011	.010	*	.000	.001	.000
3,000-3,999-----	.549	.039	.099	.003	.088	.001	.019	.015	.002	.000	.001	*
4,000-4,999-----	.629	.053	.110	.011	.127	.001	.015	.012	.002	.000	.001	.000
5,000-5,999-----	.651	.058	.087	.010	.132	*	.018	.010	.004	.000	.001	.000
6,000-6,999-----	.793	.053	.109	.009	.177	*	.019	.010	.006	.001	.000	*
7,000-9,999-----	.660	.069	.063	.017	.177	*	.025	.016	.006	.001	.000	*
10,000 AND OVER----	.786	.085	.052	.032	.169	.000	.045	.022	.000	.002	.005	.001

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	97.1	41.7	36.9	9.0	34.9	.5	15.0	11.9	1.0	.5	.6	.6
SUMMER-----	98.1	21.3	35.2	3.5	21.6	1.6	14.2	12.3	.3	.0	.3	.3
FALL-----	96.1	36.9	45.3	5.5	48.5	2.3	18.4	14.2	2.3	.6	.6	.0
WINTER-----	95.8	40.1	46.1	6.7	48.6	2.8	17.3	15.1	.4	.4	.7	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
HOME-PRODUCED

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL VEGETABLES						POTATOES *					
	TOTAL ‡	CANNED		FROZEN		DRIED	TOTAL (FRESH EQUIV- ALENT) ‡	CANNED		FROZEN		DRIED
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	3.933	.000	.604	.000	.355	*	.895	.000	.000	.000	.001	.000
SPRING-----	2.420	.000	.595	.000	.318	.000	.573	.000	.000	.000	.001	.000
SUMMER-----	6.299	.000	.312	.000	.198	.000	1.261	.000	.000	.000	.000	.000
FALL-----	3.598	.000	.691	.000	.465	*	.907	.000	.000	.000	.000	.000
WINTER-----	2.902	.000	.939	.000	.487	.000	.769	.000	.000	.000	.002	.000
UNDER 1,000-----	3.953	.000	.533	.000	.163	.000	.909	.000	.000	.000	.000	.000
1,000-1,999-----	4.860	.000	.806	.000	.275	*	1.387	.000	.000	.000	.000	.000
2,000-2,999-----	3.769	.000	.668	.000	.287	.000	1.017	.000	.000	.000	.000	.000
3,000-3,999-----	3.551	.000	.607	.000	.291	.000	.779	.000	.000	.000	.002	.000
4,000-4,999-----	3.567	.000	.594	.000	.391	.000	.789	.000	.000	.000	.001	.000
5,000-5,999-----	3.960	.000	.499	.000	.421	.000	.674	.000	.000	.000	.000	.000
6,000-6,999-----	4.923	.000	.638	.000	.571	.000	.970	.000	.000	.000	.000	.000
7,000-9,999-----	3.533	.000	.447	.000	.549	.000	.707	.000	.000	.000	.000	.000
10,000 AND OVER----	3.552	.000	.304	.000	.576	.000	.519	.000	.000	.000	.000	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.732	.000	.133	.000	.119	*	.087	.000	.000	.000	*	.000
SPRING-----	.531	.000	.142	.000	.102	.000	.081	.000	.000	.000	*	.000
SUMMER-----	1.167	.000	.076	.000	.065	.000	.130	.000	.000	.000	.000	.000
FALL-----	.609	.000	.141	.000	.161	*	.064	.000	.000	.000	.000	.000
WINTER-----	.524	.000	.196	.000	.163	.000	.062	.000	.000	.000	*	.000
UNDER 1,000-----	.708	.000	.120	.000	.056	.000	.094	.000	.000	.000	.000	.000
1,000-1,999-----	.839	.000	.177	.000	.090	*	.132	.000	.000	.000	.000	.000
2,000-2,999-----	.657	.000	.142	.000	.097	.000	.093	.000	.000	.000	.000	.000
3,000-3,999-----	.670	.000	.133	.000	.095	.000	.079	.000	.000	.000	*	.000
4,000-4,999-----	.675	.000	.135	.000	.131	.000	.077	.000	.000	.000	*	.000
5,000-5,999-----	.758	.000	.112	.000	.143	.000	.062	.000	.000	.000	.000	.000
6,000-6,999-----	.978	.000	.148	.000	.192	.000	.095	.000	.000	.000	.000	.000
7,000-9,999-----	.704	.000	.096	.000	.187	.000	.062	.000	.000	.000	.000	.000
10,000 AND OVER----	.787	.000	.070	.000	.187	.000	.073	.000	.000	.000	.000	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	78.6	.0	39.1	.0	35.1	.0	24.0	.0	.0	.0	.1	.0
SUMMER-----	91.9	.0	38.1	.0	23.5	.0	53.2	.0	.0	.0	.0	.0
FALL-----	92.6	.0	51.8	.0	48.2	.3	38.5	.0	.0	.0	.0	.0
WINTER-----	81.0	.0	54.6	.0	47.9	.0	29.6	.0	.0	.0	.4	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED HOME-PRODUCED

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	DARK GREEN ‡					DEEP YELLOW ‡					TOMATOES ‡		
	TOTAL ‡ (14)	CANNED		FROZEN		TOTAL ‡ (19)	CANNED		FROZEN		TOTAL ‡ (24)	CANNED	
		COMMER- CIAL (15)	HOME (16)	COMMER- CIAL (17)	HOME (18)		COMMER- CIAL (20)	HOME (21)	COMMER- CIAL (22)	HOME (23)		COMMER- CIAL (25)	HOME (26)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.234	.000	.013	.000	.015	.313	.000	.008	.000	.008	.572	.000	.159
SPRING-----	.185	.000	.010	.000	.013	.073	.000	.012	.000	.008	.194	.000	.148
SUMMER-----	.110	.000	.004	.000	.007	.075	.000	.002	.000	.005	1.260	.000	.028
FALL-----	.421	.000	.012	.000	.009	.724	.000	.001	.000	.011	.368	.000	.234
WINTER-----	.228	.000	.034	.000	.036	.430	.000	.021	.000	.012	.338	.000	.310
UNDER 1,000-----	.280	.000	.007	.000	.006	.437	.000	.002	.000	.000	.561	.000	.130
1,000-1,999-----	.200	.000	.018	.000	.014	.447	.000	.022	.000	.007	.636	.000	.184
2,000-2,999-----	.201	.000	.020	.000	.008	.420	.000	.008	.000	.013	.472	.000	.212
3,000-3,999-----	.226	.000	.005	.000	.006	.235	.000	.011	.000	.012	.496	.000	.172
4,000-4,999-----	.153	.000	.010	.000	.016	.254	.000	.008	.000	.002	.459	.000	.126
5,000-5,999-----	.252	.000	.003	.000	.025	.286	.000	.002	.000	.004	.608	.000	.122
6,000-6,999-----	.260	.000	.028	.000	.029	.285	.000	.000	.000	.018	.917	.000	.175
7,000-9,999-----	.418	.000	.000	.000	.017	.206	.000	.004	.000	.011	.592	.000	.147
10,000 AND OVER----	.222	.000	.037	.000	.031	.083	.000	.000	.000	.006	.722	.000	.084

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.050	.000	.002	.000	.005	.037	.000	.002	.000	.002	.124	.000	.027
SPRING-----	.033	.000	.002	.000	.004	.014	.000	.003	.000	.002	.038	.000	.027
SUMMER-----	.036	.000	.001	.000	.002	.011	.000	*	.000	.001	.290	.000	.007
FALL-----	.083	.000	.002	.000	.003	.078	.000	*	.000	.003	.078	.000	.033
WINTER-----	.051	.000	.007	.000	.012	.052	.000	.004	.000	.004	.055	.000	.049
UNDER 1,000-----	.052	.000	.002	.000	.002	.048	.000	*	.000	.000	.124	.000	.022
1,000-1,999-----	.046	.000	.003	.000	.004	.052	.000	.004	.000	.002	.140	.000	.032
2,000-2,999-----	.041	.000	.004	.000	.002	.051	.000	.001	.000	.004	.095	.000	.035
3,000-3,999-----	.042	.000	.001	.000	.002	.029	.000	.002	.000	.003	.104	.000	.028
4,000-4,999-----	.034	.000	.002	.000	.005	.032	.000	.002	.000	.001	.098	.000	.021
5,000-5,999-----	.060	.000	.001	.000	.008	.033	.000	*	.000	.001	.135	.000	.020
6,000-6,999-----	.062	.000	.005	.000	.010	.033	.000	.000	.000	.005	.205	.000	.029
7,000-9,999-----	.089	.000	.000	.000	.005	.027	.000	.001	.000	.004	.130	.000	.027
10,000 AND OVER----	.059	.000	.006	.000	.010	.012	.000	.000	.000	.001	.165	.000	.017

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS													
SPRING-----	26.4	.0	2.0	.0	3.7	8.4	.0	1.4	.0	1.4	21.5	.0	16.4
SUMMER-----	29.4	.0	.6	.0	2.9	10.3	.0	.3	.0	1.0	70.0	.0	6.8
FALL-----	42.7	.0	2.3	.0	1.6	43.4	.0	.3	.0	1.9	35.3	.0	22.7
WINTER-----	29.9	.0	5.3	.0	9.2	24.3	.0	3.9	.0	2.5	34.5	.0	31.3

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED HOME-PRODUCED

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER *						SOUP, MIXTURES					
	TOTAL * (27)	CANNED		FROZEN		DRIED (32)	TOTAL * (33)	CANNED		FROZEN		DRIED (38)
		COMMER- CIAL (28)	HOME (29)	COMMER- CIAL (30)	HOME (31)			COMMER- CIAL (34)	HOME (35)	COMMER- CIAL (36)	HOME (37)	

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	1.906	.000	.417	.000	.317	*	.014	.000	.007	.000	.003	.000
SPRING-----	1.383	.000	.418	.000	.280	.000	.012	.000	.006	.000	.004	.000
SUMMER-----	3.586	.000	.273	.000	.185	.000	.013	.000	.005	.000	.002	.000
FALL-----	1.159	.000	.462	.000	.422	*	.019	.000	.012	.000	.002	.000
WINTER-----	1.127	.000	.570	.000	.421	.000	.010	.000	.004	.000	.004	.000
UNDER 1,000-----	1.770	.000	.394	.000	.151	.000	.000	.000	.000	.000	.000	.000
1,000-1,999-----	2.182	.000	.579	.000	.238	*	.009	.000	.002	.000	.001	.000
2,000-2,999-----	1.655	.000	.427	.000	.250	.000	.004	.000	.001	.000	.003	.000
3,000-3,999-----	1.811	.000	.411	.000	.254	.000	.012	.000	.008	.000	.004	.000
4,000-4,999-----	1.900	.000	.445	.000	.356	.000	.011	.000	.006	.000	.003	.000
5,000-5,999-----	2.112	.000	.359	.000	.387	.000	.028	.000	.014	.000	.004	.000
6,000-6,999-----	2.469	.000	.419	.000	.513	.000	.023	.000	.016	.000	.000	.000
7,000-9,999-----	1.588	.000	.275	.000	.514	.000	.022	.000	.021	.000	.000	.000
10,000 AND OVER----	1.964	.000	.182	.000	.481	.000	.044	.000	.000	.000	.020	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.430	.000	.100	.000	.109	*	.004	.000	.002	.000	.001	.000
SPRING-----	.361	.000	.107	.000	.093	.000	.005	.000	.003	.000	.001	.000
SUMMER-----	.696	.000	.067	.000	.062	.000	.004	.000	.001	.000	*	.000
FALL-----	.302	.000	.103	.000	.151	*	.005	.000	.003	.000	.001	.000
WINTER-----	.302	.000	.136	.000	.143	.000	.002	.000	.001	.000	.001	.000
UNDER 1,000-----	.390	.000	.095	.000	.053	.000	.000	.000	.000	.000	.000	.000
1,000-1,999-----	.466	.000	.136	.000	.081	*	.003	.000	.001	.000	*	.000
2,000-2,999-----	.377	.000	.101	.000	.087	.000	.001	.000	*	.000	.001	.000
3,000-3,999-----	.412	.000	.099	.000	.086	.000	.004	.000	.002	.000	.001	.000
4,000-4,999-----	.431	.000	.109	.000	.122	.000	.003	.000	.002	.000	.001	.000
5,000-5,999-----	.461	.000	.087	.000	.132	.000	.007	.000	.004	.000	.001	.000
6,000-6,999-----	.575	.000	.109	.000	.176	.000	.007	.000	.006	.000	.000	.000
7,000-9,999-----	.390	.000	.063	.000	.177	.000	.006	.000	.006	.000	.000	.000
10,000 AND OVER----	.466	.000	.047	.000	.164	.000	.012	.000	.000	.000	.005	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	73.6	.0	36.0	.0	34.1	.0	1.9	.0	1.0	.0	.6	.0
SUMMER-----	91.0	.0	34.5	.0	21.6	.0	1.6	.0	.3	.0	.3	.0
FALL-----	80.3	.0	44.3	.0	48.2	.3	3.6	.0	2.3	.0	.6	.0
WINTER-----	71.8	.0	44.7	.0	45.8	.0	1.4	.0	.4	.0	.7	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 16.--FRUIT (FRESH, PROCESSED)

SOUTH

ALL URBANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL FRUIT						CITRUS					OTHER VITAMIN-C RICH *		
	TOTAL #	CANNED		FROZEN		DRIED	TOTAL (JUICE EQUIV- ALENT) #	CANNED		FROZEN		TOTAL #	FROZEN	
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME		COMMER- CIAL	HOME
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	3.763	.790	.084	.109	.036	.028	1.038	.284	*	.094	*	.207	.005	.011
SPRING-----	3.201	.747	.098	.107	.034	.025	.952	.238	*	.086	.001	.240	.009	.013
SUMMER-----	5.073	.756	.043	.101	.027	.013	.821	.309	.000	.089	.000	.476	.003	.007
FALL-----	3.317	.830	.097	.100	.041	.041	1.068	.303	.000	.091	*	.045	.002	.010
WINTER-----	3.349	.831	.102	.129	.042	.033	1.335	.287	.000	.110	.001	.037	.006	.012
UNDER 1,000-----	3.385	.613	.173	.030	.022	.015	.598	.265	.000	.026	.000	.172	.001	.006
1,000-1,999-----	3.437	.573	.178	.034	.036	.023	.637	.268	.000	.032	.000	.178	.001	.010
2,000-2,999-----	3.050	.621	.116	.046	.032	.020	.742	.260	*	.041	*	.091	.003	.014
3,000-3,999-----	3.205	.657	.094	.048	.027	.024	.742	.252	.000	.042	.000	.176	.002	.006
4,000-4,999-----	3.523	.798	.105	.064	.042	.024	.815	.296	*	.055	.001	.165	.004	.013
5,000-5,999-----	3.731	.836	.065	.106	.033	.026	1.073	.318	.000	.090	.001	.156	.010	.010
6,000-6,999-----	3.690	.842	.056	.148	.039	.033	1.141	.255	.000	.130	.000	.213	.004	.010
7,000-7,999-----	4.368	1.014	.035	.135	.054	.028	1.246	.363	.000	.121	.000	.283	.007	.020
8,000-8,999-----	4.387	.939	.020	.167	.054	.028	1.326	.354	.000	.133	.000	.316	.005	.011
9,000-9,999-----	4.175	.977	.025	.178	.039	.041	1.359	.274	.000	.152	.000	.210	.005	.012
10,000-14,999-----	4.898	.940	.043	.249	.044	.042	1.757	.263	.000	.214	.001	.346	.009	.009
15,000 AND OVER----	5.303	.980	.004	.313	.011	.033	2.063	.293	.000	.275	.000	.503	.003	.005

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.541	.146	.019	.046	.015	.011	.171	.042	*	.039	*	.038	.002	.005
SPRING-----	.528	.146	.022	.046	.013	.010	.165	.039	*	.038	*	.060	.004	.006
SUMMER-----	.575	.136	.010	.042	.011	.005	.134	.045	.000	.037	.000	.057	.001	.003
FALL-----	.518	.149	.021	.041	.019	.017	.167	.042	.000	.037	*	.013	.001	.005
WINTER-----	.540	.156	.022	.054	.016	.014	.222	.041	.000	.046	*	.017	.003	.006
UNDER 1,000-----	.463	.111	.040	.014	.008	.007	.114	.041	.000	.013	.000	.033	*	.003
1,000-1,999-----	.438	.102	.038	.014	.015	.008	.120	.040	.000	.013	.000	.028	*	.005
2,000-2,999-----	.395	.111	.024	.021	.012	.007	.129	.038	*	.019	*	.019	.001	.007
3,000-3,999-----	.420	.114	.022	.021	.011	.009	.124	.035	.000	.018	.000	.030	.001	.003
4,000-4,999-----	.488	.140	.023	.030	.017	.009	.140	.042	*	.025	.001	.032	.002	.006
5,000-5,999-----	.549	.158	.015	.045	.013	.010	.176	.047	.000	.037	*	.035	.004	.005
6,000-6,999-----	.572	.161	.012	.062	.016	.015	.175	.038	.000	.053	.000	.038	.002	.005
7,000-7,999-----	.612	.186	.007	.057	.024	.012	.194	.054	.000	.051	.000	.049	.003	.009
8,000-8,999-----	.654	.179	.004	.068	.022	.011	.212	.051	.000	.055	.000	.058	.002	.005
9,000-9,999-----	.648	.191	.005	.072	.018	.020	.207	.037	.000	.061	.000	.035	.002	.006
10,000-14,999-----	.777	.185	.009	.108	.017	.017	.284	.043	.000	.093	*	.061	.004	.004
15,000 AND OVER----	.837	.200	.001	.116	.005	.015	.318	.049	.000	.103	.000	.075	.001	.002

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	92.7	60.6	9.1	23.3	4.9	10.8	67.7	24.2	*	20.1	.1	25.4	3.1	2.3
SUMMER-----	94.5	61.5	4.7	23.2	4.3	6.3	64.5	28.9	.0	21.2	.0	27.9	1.0	1.5
FALL-----	96.0	62.9	9.9	24.0	5.8	14.3	70.3	26.9	.0	22.2	*	5.7	1.0	1.8
WINTER-----	95.6	66.0	9.4	25.2	6.5	12.8	78.6	23.8	.0	23.4	.2	8.5	2.2	2.7

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED

SOUTH

ALL URBANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER						MIX- TURES (22)
	TOTAL # (16)	CANNED		FROZEN		DRIED (21)	
		COMMER- CIAL (17)	HOME (18)	COMMER- CIAL (19)	HOME (20)		

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	2.422	.504	.083	.010	.025	.028	.001
SPRING-----	1.917	.507	.096	.011	.020	.025	.001
SUMMER-----	3.854	.445	.043	.009	.021	.013	.002
FALL-----	2.078	.526	.095	.007	.030	.041	.001
WINTER-----	1.712	.543	.102	.012	.029	.033	.001
UNDER 1,000-----	2.463	.347	.173	.003	.016	.015	*
1,000-1,999-----	2.476	.304	.175	.001	.026	.023	.001
2,000-2,999-----	2.040	.359	.114	.002	.018	.020	.001
3,000-3,999-----	2.107	.402	.093	.004	.021	.024	.003
4,000-4,999-----	2.408	.502	.104	.006	.028	.024	.000
5,000-5,999-----	2.345	.515	.065	.006	.022	.026	.002
6,000-6,999-----	2.355	.585	.052	.013	.029	.033	.002
7,000-7,999-----	2.792	.648	.035	.007	.034	.028	.003
8,000-8,999-----	2.736	.583	.019	.029	.044	.028	.002
9,000-9,999-----	2.638	.698	.025	.021	.027	.041	.005
10,000-14,999-----	2.775	.676	.043	.026	.035	.042	.001
15,000 AND OVER----	2.886	.687	.002	.034	.006	.033	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.332	.104	.018	.004	.010	.011	.001
SPRING-----	.302	.107	.021	.004	.008	.010	*
SUMMER-----	.382	.090	.010	.004	.008	.005	.001
FALL-----	.338	.106	.020	.003	.013	.017	.001
WINTER-----	.301	.114	.022	.005	.009	.014	*
UNDER 1,000-----	.316	.070	.039	.001	.005	.007	*
1,000-1,999-----	.289	.061	.038	.001	.010	.008	.001
2,000-2,999-----	.246	.072	.024	.001	.005	.007	*
3,000-3,999-----	.265	.078	.022	.001	.008	.009	.001
4,000-4,999-----	.315	.098	.023	.003	.011	.009	.000
5,000-5,999-----	.337	.110	.015	.003	.009	.010	.001
6,000-6,999-----	.359	.122	.011	.006	.012	.015	.001
7,000-7,999-----	.368	.130	.007	.003	.015	.012	.001
8,000-8,999-----	.384	.127	.004	.011	.017	.011	.001
9,000-9,999-----	.404	.151	.005	.009	.012	.020	.002
10,000-14,999-----	.432	.142	.009	.011	.012	.017	*
15,000 AND OVER----	.444	.150	*	.012	.003	.015	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	85.7	52.4	9.0	2.9	3.4	10.8	.6
SUMMER-----	90.5	50.3	4.6	3.2	3.2	6.3	1.0
FALL-----	91.7	53.3	9.7	2.2	4.8	14.3	.5
WINTER-----	89.2	56.8	9.4	3.1	4.6	12.8	.8

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 16.--FRUIT (FRESH, PROCESSED)

SOUTH

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL FRUIT						CITRUS				OTHER VITAMIN-C RICH #			
	TOTAL #	CANNED		FROZEN		DRIED	TOTAL (JUICE EQUIV- ALENT) #	CANNED		FROZEN		TOTAL #	FROZEN	
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME		COMMER- CIAL	HOME
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
QUANTITY PER PERSON PER WEEK (POUNDS)														
ALL HOUSEHOLDS, YEAR--	3.819	.894	.025	.135	.015	.031	1.202	.314	.000	.117	*	.204	.005	.004
SPRING-----	3.426	.847	.028	.137	.014	.027	1.129	.255	.000	.111	.001	.229	.011	.005
SUMMER-----	4.796	.876	.012	.119	.010	.016	.968	.377	.000	.103	.000	.481	.003	.003
FALL-----	3.535	.957	.031	.134	.015	.047	1.267	.330	.000	.123	.000	.048	.002	.005
WINTER-----	3.444	.901	.031	.152	.021	.037	1.463	.294	.000	.134	.001	.027	.005	.004
UNDER 1,000-----	2.886	.806	.093	.046	.010	.017	.833	.297	.000	.038	.000	.105	.001	.005
1,000-1,999-----	2.933	.727	.040	.047	.003	.029	.825	.356	.000	.044	.000	.146	.001	.002
2,000-2,999-----	3.411	.883	.035	.082	.009	.030	1.076	.376	.000	.073	.000	.120	.005	.007
3,000-3,999-----	3.176	.731	.040	.071	.010	.038	.875	.261	.000	.061	.000	.183	.003	.002
4,000-4,999-----	3.703	.914	.022	.067	.010	.022	.869	.317	.000	.058	.002	.175	.003	.005
5,000-5,999-----	3.609	.815	.018	.115	.013	.026	1.095	.317	.000	.098	.001	.133	.008	.003
6,000-6,999-----	3.905	.930	.015	.173	.023	.035	1.325	.248	.000	.151	.000	.142	.004	.008
7,000-7,999-----	4.620	1.040	.026	.149	.015	.029	1.292	.334	.000	.140	.000	.300	.002	.005
8,000-8,999-----	4.060	1.034	.009	.189	.025	.024	1.474	.418	.000	.147	.000	.305	.008	.002
9,000-9,999-----	4.032	1.103	.011	.176	.026	.041	1.456	.351	.000	.154	.000	.113	.007	.004
10,000-14,999-----	4.679	.903	.016	.272	.030	.039	1.821	.260	.000	.245	.000	.354	.010	.006
15,000 AND OVER----	5.016	.865	.004	.320	.008	.021	1.833	.286	.000	.271	.000	.580	.005	.001
MONEY VALUE PER PERSON PER WEEK (DOLLARS)														
ALL HOUSEHOLDS, YEAR--	.564	.164	.006	.057	.006	.013	.195	.045	.000	.049	*	.032	.002	.002
SPRING-----	.553	.164	.007	.059	.006	.011	.189	.041	.000	.048	*	.054	.005	.002
SUMMER-----	.588	.151	.003	.052	.005	.006	.155	.054	.000	.045	.000	.049	.002	.001
FALL-----	.552	.167	.006	.054	.007	.019	.194	.043	.000	.049	.000	.010	.001	.003
WINTER-----	.559	.174	.007	.063	.007	.016	.242	.043	.000	.056	*	.011	.002	.002
UNDER 1,000-----	.476	.142	.021	.020	.005	.008	.155	.043	.000	.016	.000	.013	*	.002
1,000-1,999-----	.401	.128	.009	.017	.001	.010	.140	.053	.000	.016	.000	.017	*	.001
2,000-2,999-----	.460	.151	.008	.037	.004	.010	.177	.052	.000	.033	.000	.019	.002	.004
3,000-3,999-----	.439	.119	.010	.030	.003	.015	.141	.031	.000	.027	.000	.026	.001	.001
4,000-4,999-----	.493	.158	.005	.032	.004	.009	.149	.045	.000	.027	.001	.032	.002	.003
5,000-5,999-----	.519	.152	.004	.047	.005	.011	.176	.046	.000	.040	*	.027	.004	.001
6,000-6,999-----	.611	.178	.003	.073	.009	.016	.206	.036	.000	.062	.000	.025	.003	.003
7,000-7,999-----	.626	.199	.005	.062	.007	.013	.201	.050	.000	.058	.000	.039	.001	.002
8,000-8,999-----	.636	.186	.002	.075	.010	.011	.230	.060	.000	.060	.000	.043	.003	.001
9,000-9,999-----	.649	.209	.002	.075	.012	.022	.227	.046	.000	.066	.000	.019	.003	.002
10,000-14,999-----	.771	.181	.004	.121	.011	.016	.293	.044	.000	.109	.000	.061	.004	.003
15,000 AND OVER----	.783	.184	.001	.123	.004	.008	.283	.052	.000	.104	.000	.068	.002	*
PERCENT OF HOUSEHOLDS USING IN A WEEK														
ALL HOUSEHOLDS														
SPRING-----	93.4	63.8	4.3	27.2	2.8	11.5	73.1	25.1	.0	23.4	.1	24.3	3.8	1.3
SUMMER-----	95.9	66.5	2.0	26.6	3.0	7.4	70.8	33.8	.0	23.9	.0	28.7	1.3	1.0
FALL-----	97.5	67.7	3.9	30.1	2.2	14.9	75.4	28.2	.0	27.6	.0	4.7	.8	.8
WINTER-----	96.3	69.1	5.2	28.2	3.5	14.4	83.2	23.3	.0	27.0	.2	5.9	1.7	1.2

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED

SOUTH

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER						MIX- TURES (22)
	TOTAL # (16)	CANNED.		FROZEN		DRIED (21)	
		COMMER- CIAL (17)	HOME (18)	COMMER- CIAL (19)	HOME (20)		
QUANTITY PER PERSON PER WEEK (POUNDS)							
ALL HOUSEHOLDS, YEAR-	2.340	.577	.025	.012	.010	.031	.002
SPRING-----	1.993	.590	.028	.015	.008	.027	.002
SUMMER-----	3.444	.496	.012	.013	.007	.016	.003
FALL-----	2.139	.627	.031	.009	.010	.047	.000
WINTER-----	1.710	.606	.031	.013	.015	.037	.002
UNDER 1,000-----	1.703	.508	.093	.007	.005	.017	.000
1,000-1,999-----	1.805	.369	.040	.002	.001	.029	.002
2,000-2,999-----	2.042	.505	.034	.004	.002	.030	.001
3,000-3,999-----	1.958	.469	.040	.007	.008	.038	.001
4,000-4,999-----	2.517	.597	.022	.006	.003	.022	.000
5,000-5,999-----	2.253	.496	.018	.009	.009	.026	.001
6,000-6,999-----	2.430	.680	.015	.018	.015	.035	.003
7,000-7,999-----	3.033	.701	.026	.007	.010	.029	.005
8,000-8,999-----	2.299	.613	.009	.034	.023	.024	.003
9,000-9,999-----	2.472	.747	.011	.016	.022	.041	.005
10,000-14,999-----	2.588	.643	.016	.017	.025	.039	.000
15,000 AND OVER----	2.793	.579	.000	.044	.007	.021	.000
MONEY VALUE PER PERSON PER WEEK (DOLLARS)							
ALL HOUSEHOLDS, YEAR-	.336	.118	.006	.005	.004	.013	.001
SPRING-----	.310	.123	.007	.005	.004	.011	.001
SUMMER-----	.382	.096	.003	.006	.003	.006	.001
FALL-----	.348	.124	.006	.004	.004	.019	.000
WINTER-----	.305	.130	.007	.005	.005	.016	.001
UNDER 1,000-----	.308	.099	.021	.003	.003	.008	.000
1,000-1,999-----	.244	.074	.009	.001	*	.010	.001
2,000-2,999-----	.264	.098	.007	.002	.001	.010	*
3,000-3,999-----	.272	.088	.010	.002	.002	.015	*
4,000-4,999-----	.313	.113	.005	.003	.001	.009	.000
5,000-5,999-----	.316	.106	.004	.004	.003	.011	*
6,000-6,999-----	.379	.141	.003	.009	.006	.016	.001
7,000-7,999-----	.384	.146	.005	.003	.005	.013	.002
8,000-8,999-----	.362	.125	.002	.012	.008	.011	.001
9,000-9,999-----	.399	.161	.002	.006	.010	.022	.003
10,000-14,999-----	.417	.138	.004	.007	.008	.016	.000
15,000 AND OVER----	.432	.132	.000	.016	.003	.008	.000
PERCENT OF HOUSEHOLDS USING IN A WEEK							
ALL HOUSEHOLDS							
SPRING-----	86.1	55.9	4.3	3.3	1.8	11.5	.8
SUMMER-----	90.9	52.8	1.8	4.1	2.0	7.4	1.3
FALL-----	94.2	58.6	3.9	2.8	1.7	14.9	.0
WINTER-----	89.9	60.1	5.2	4.0	2.5	14.4	1.2

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)

SOUTH

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ALL FRUIT						CITRUS				OTHER VITAMIN-C RICH ‡			
	TOTAL ‡ (2)	CANNED		FROZEN		DRIED (7)	TOTAL (JUICE EQUIV- ALENT) ‡ (8)	CANNED		FROZEN		TOTAL ‡ (13)	FROZEN	
		COMMER- CIAL (3)	HOME (4)	COMMER- CIAL (5)	HOME (6)			COMMER- CIAL (9)	HOME (10)	COMMER- CIAL (11)	HOME (12)		COMMER- CIAL (14)	HOME (15)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	3.654	.706	.132	.084	.043	.025	.887	.250	.000	.071	.000	.205	.005	.012
SPRING-----	3.017	.657	.160	.073	.043	.024	.773	.217	.000	.059	.000	.247	.008	.018
SUMMER-----	5.152	.648	.060	.089	.023	.009	.684	.211	.000	.082	.000	.471	.003	.005
FALL-----	3.127	.742	.159	.067	.060	.039	.892	.278	.000	.061	.000	.039	.003	.012
WINTER-----	3.231	.783	.151	.105	.047	.028	1.220	.295	.000	.083	.000	.047	.009	.015
UNDER 1,000-----	3.982	.536	.194	.026	.017	.015	.490	.246	.000	.026	.000	.283	.000	.004
1,000-1,999-----	3.857	.505	.231	.030	.034	.022	.552	.208	.000	.029	.000	.192	.001	.013
2,000-2,999-----	2.776	.442	.136	.014	.033	.015	.490	.174	.000	.013	.000	.046	.001	.015
3,000-3,999-----	3.005	.627	.098	.022	.028	.005	.599	.218	.000	.020	.000	.138	.002	.000
4,000-4,999-----	3.062	.680	.208	.064	.075	.026	.782	.280	.000	.053	.000	.131	.006	.018
5,000-5,999-----	3.788	.934	.126	.100	.041	.026	1.107	.339	.000	.082	.000	.165	.017	.012
6,000-6,999-----	3.124	.743	.090	.127	.022	.032	.890	.262	.000	.115	.000	.296	.004	.000
7,000-9,999-----	4.323	.864	.037	.133	.081	.034	1.135	.287	.000	.107	.000	.328	.009	.031
10,000 AND OVER---	5.534	1.108	.065	.239	.047	.055	1.980	.271	.000	.198	.000	.329	.006	.010

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.517	.135	.029	.034	.018	.010	.151	.039	.000	.029	.000	.042	.002	.006
SPRING-----	.505	.132	.034	.032	.017	.009	.143	.037	.000	.027	.000	.068	.003	.008
SUMMER-----	.547	.128	.014	.032	.010	.003	.115	.033	.000	.029	.000	.065	.001	.002
FALL-----	.498	.142	.036	.029	.028	.016	.144	.044	.000	.025	.000	.014	.002	.006
WINTER-----	.516	.138	.033	.045	.019	.010	.205	.041	.000	.035	.000	.023	.004	.008
UNDER 1,000-----	.514	.104	.045	.014	.006	.006	.100	.043	.000	.014	.000	.058	.000	.002
1,000-1,999-----	.463	.090	.050	.014	.015	.008	.121	.031	.000	.014	.000	.032	*	.006
2,000-2,999-----	.334	.086	.028	.009	.012	.006	.096	.029	.000	.008	.000	.014	*	.007
3,000-3,999-----	.377	.122	.024	.009	.011	.001	.111	.038	.000	.008	.000	.027	.001	.000
4,000-4,999-----	.470	.122	.044	.029	.032	.009	.135	.037	.000	.024	.000	.028	.002	.008
5,000-5,999-----	.603	.181	.032	.044	.019	.009	.187	.053	.000	.036	.000	.046	.007	.006
6,000-6,999-----	.487	.143	.019	.050	.010	.016	.127	.041	.000	.045	.000	.050	.001	.000
7,000-9,999-----	.618	.166	.007	.053	.037	.012	.175	.043	.000	.041	.000	.073	.004	.015
10,000 AND OVER---	.852	.211	.012	.089	.019	.023	.313	.040	.000	.072	.000	.066	.003	.005

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	91.8	56.7	13.9	18.7	6.3	10.3	60.6	22.8	.0	16.0	.0	27.1	2.3	2.7
SUMMER-----	92.2	57.1	5.5	20.3	3.7	4.6	56.7	20.7	.0	19.4	.0	25.8	.9	1.4
FALL-----	94.8	58.3	15.6	17.1	9.0	14.2	64.9	25.6	.0	16.1	.0	6.6	1.4	2.4
WINTER-----	94.7	63.8	12.1	21.7	8.7	10.6	72.9	25.6	.0	18.4	.0	12.6	3.4	3.9

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED

SOUTH

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER						MIX- TURES (22)
	TOTAL \$ (16)	CANNED		FROZEN		DRIED (21)	
		COMMER- CIAL (17)	HOME (18)	COMMER- CIAL (19)	HOME (20)		

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	2.441	.455	.130	.007	.031	.025	.002
SPRING-----	1.874	.438	.158	.007	.026	.024	.001
SUMMER-----	4.071	.435	.060	.004	.018	.009	.002
FALL-----	2.025	.460	.153	.004	.048	.039	.004
WINTER-----	1.681	.489	.151	.014	.032	.028	.000
UNDER 1,000-----	3.124	.289	.194	.000	.013	.015	.000
1,000-1,999-----	2.975	.295	.225	*	.021	.022	.001
2,000-2,999-----	2.050	.266	.136	.000	.019	.015	.001
3,000-3,999-----	2.031	.403	.098	.000	.028	.005	.006
4,000-4,999-----	2.025	.399	.206	.005	.057	.026	.000
5,000-5,999-----	2.304	.591	.126	.001	.029	.026	.003
6,000-6,999-----	2.062	.480	.080	.008	.022	.032	.001
7,000-9,999-----	2.801	.575	.037	.017	.050	.034	.001
10,000 AND OVER---	3.061	.834	.065	.035	.038	.055	.002

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.323	.095	.029	.003	.013	.010	.001
SPRING-----	.294	.094	.034	.002	.010	.009	*
SUMMER-----	.366	.094	.014	.002	.007	.003	.001
FALL-----	.339	.097	.034	.002	.022	.016	.001
WINTER-----	.288	.097	.033	.006	.011	.010	.000
UNDER 1,000-----	.356	.061	.045	.000	.004	.006	.000
1,000-1,999-----	.311	.059	.049	*	.009	.008	.001
2,000-2,999-----	.224	.057	.028	.000	.005	.006	*
3,000-3,999-----	.238	.082	.024	.000	.011	.001	.002
4,000-4,999-----	.308	.085	.043	.002	.024	.009	.000
5,000-5,999-----	.368	.127	.032	.001	.013	.009	.001
6,000-6,999-----	.310	.102	.016	.004	.010	.016	*
7,000-9,999-----	.369	.123	.007	.008	.022	.012	*
10,000 AND OVER---	.472	.171	.012	.013	.014	.023	.001

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	85.3	49.1	13.7	2.3	4.7	10.3	.3
SUMMER-----	89.9	50.7	5.5	1.8	2.8	4.6	.9
FALL-----	88.6	48.3	15.2	.9	8.1	14.2	1.4
WINTER-----	88.4	54.6	12.1	1.9	5.8	10.6	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
ALL SOURCES

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ALL FRUIT						CITRUS				OTHER VITAMIN-C RICH #			
	TOTAL # (2)	CANNED		FROZEN		DRIED (7)	TOTAL (JUICE EQUIV- ALENT) # (8)	CANNED		FROZEN		TOTAL # (13)	FROZEN	
		COMMER- CIAL (3)	HOME (4)	COMMER- CIAL (5)	HOME (6)			COMMER- CIAL (9)	HOME (10)	COMMER- CIAL (11)	HOME (12)		COMMER- CIAL (14)	HOME (15)
QUANTITY PER PERSON PER WEEK (POUNDS)														
ALL HOUSEHOLDS, YEAR-	3.807	.478	.259	.044	.129	.017	.609	.228	*	.038	.001	.232	.001	.040
SPRING-----	2.544	.476	.291	.046	.114	.017	.542	.204	.002	.037	.002	.280	.003	.046
SUMMER-----	6.283	.454	.155	.041	.129	.011	.465	.251	.000	.037	.000	.466	.000	.031
FALL-----	2.859	.492	.219	.040	.105	.017	.661	.247	.000	.033	.002	.048	*	.030
WINTER-----	3.124	.499	.430	.051	.183	.024	.846	.199	.000	.047	.000	.070	.002	.058
UNDER 1,000-----	3.034	.398	.289	.007	.057	.013	.368	.245	.000	.003	.000	.053	.001	.014
1,000-1,999-----	3.606	.344	.408	.006	.136	.011	.360	.198	.000	.006	.000	.223	.000	.025
2,000-2,999-----	2.681	.303	.300	.019	.096	.006	.397	.135	.002	.017	.003	.115	*	.031
3,000-3,999-----	3.712	.468	.267	.026	.079	.016	.592	.289	.000	.024	.000	.230	.001	.031
4,000-4,999-----	4.045	.489	.257	.049	.127	.029	.594	.216	.001	.042	.000	.224	.002	.043
5,000-5,999-----	4.410	.628	.180	.064	.145	.026	.788	.251	.000	.059	.000	.287	.001	.051
6,000-6,999-----	4.533	.620	.208	.052	.225	.016	.869	.278	.000	.050	.000	.377	.000	.070
7,000-9,999-----	4.778	.587	.130	.120	.287	.024	.933	.214	.000	.096	.000	.315	.004	.083
10,000 AND OVER----	5.292	.818	.102	.195	.119	.019	1.313	.358	.000	.154	.013	.429	.007	.052
MONEY VALUE PER PERSON PER WEEK (DOLLARS)														
ALL HOUSEHOLDS, YEAR-	.494	.087	.056	.020	.051	.007	.105	.034	*	.017	*	.053	.001	.018
SPRING-----	.457	.092	.065	.021	.044	.006	.096	.032	*	.018	*	.072	.001	.019
SUMMER-----	.590	.083	.034	.020	.052	.004	.084	.039	.000	.018	.000	.079	.000	.014
FALL-----	.419	.081	.045	.017	.046	.007	.107	.035	.000	.014	.001	.021	*	.015
WINTER-----	.502	.092	.090	.021	.066	.010	.143	.029	.000	.020	.000	.034	.001	.029
UNDER 1,000-----	.321	.064	.065	.002	.022	.006	.060	.033	.000	.001	.000	.017	*	.007
1,000-1,999-----	.465	.061	.088	.003	.053	.003	.065	.030	.000	.003	.000	.048	.000	.011
2,000-2,999-----	.353	.057	.063	.009	.034	.003	.073	.021	*	.008	.001	.033	*	.014
3,000-3,999-----	.442	.085	.057	.012	.034	.008	.096	.044	.000	.011	.000	.050	*	.014
4,000-4,999-----	.515	.092	.057	.019	.049	.009	.102	.034	*	.017	.000	.055	.001	.019
5,000-5,999-----	.568	.114	.036	.030	.057	.011	.131	.037	.000	.027	.000	.059	*	.024
6,000-6,999-----	.651	.110	.041	.026	.090	.006	.154	.038	.000	.025	.000	.080	.000	.033
7,000-9,999-----	.718	.110	.030	.056	.117	.009	.161	.033	.000	.044	.000	.090	.002	.039
10,000 AND OVER----	.713	.149	.022	.083	.049	.008	.221	.057	.000	.069	.003	.091	.004	.024
PERCENT OF HOUSEHOLDS USING IN A WEEK														
ALL HOUSEHOLDS														
SPRING-----	91.1	51.9	25.5	12.8	14.4	7.4	54.6	23.2	.2	11.5	.1	26.9	1.3	7.7
SUMMER-----	93.5	45.2	19.0	11.9	14.8	5.2	51.3	26.5	.0	11.0	.0	30.3	.0	5.5
FALL-----	90.9	48.9	26.9	10.7	17.5	10.4	57.9	23.3	.0	9.7	.3	9.1	.3	6.5
WINTER-----	94.4	48.6	34.2	14.8	23.6	9.5	63.7	20.1	.0	14.1	.0	12.7	.7	10.6

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED ALL SOURCES

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER						MIX- TURES (22)
	TOTAL † (16)	CANNED		FROZEN		DRIED (21)	
		COMMER- CIAL (17)	HOME (18)	COMMER- CIAL (19)	HOME (20)		

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	2.824	.249	.256	.005	.088	.017	*
SPRING-----	1.634	.272	.280	.005	.066	.017	.001
SUMMER-----	5.347	.203	.155	.004	.098	.011	.000
FALL-----	1.950	.244	.218	.007	.073	.017	.001
WINTER-----	1.863	.295	.430	.002	.125	.024	*
UNDER 1,000-----	2.494	.151	.287	.002	.043	.013	.002
1,000-1,999-----	2.884	.146	.407	.000	.111	.011	*
2,000-2,999-----	2.006	.163	.291	.001	.061	.006	.000
3,000-3,999-----	2.755	.179	.262	.001	.048	.016	.001
4,000-4,999-----	3.095	.273	.257	.005	.085	.029	.000
5,000-5,999-----	3.158	.377	.180	.004	.095	.026	.000
6,000-6,999-----	3.052	.343	.205	.002	.154	.016	.000
7,000-9,999-----	3.414	.373	.127	.021	.204	.024	.000
10,000 AND OVER----	3.619	.460	.102	.035	.054	.019	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.335	.052	.055	.002	.032	.007	*
SPRING-----	.288	.060	.062	.002	.025	.006	*
SUMMER-----	.427	.044	.033	.002	.038	.004	.000
FALL-----	.290	.046	.045	.003	.030	.007	*
WINTER-----	.325	.062	.090	.001	.037	.010	*
UNDER 1,000-----	.243	.029	.064	.001	.015	.006	.001
1,000-1,999-----	.351	.031	.088	.000	.042	.003	*
2,000-2,999-----	.248	.034	.061	.001	.019	.003	.000
3,000-3,999-----	.296	.040	.055	*	.020	.008	*
4,000-4,999-----	.357	.058	.057	.002	.030	.009	.000
5,000-5,999-----	.378	.077	.036	.002	.033	.011	.000
6,000-6,999-----	.417	.072	.040	.001	.057	.006	.000
7,000-9,999-----	.466	.077	.030	.010	.077	.009	.000
10,000 AND OVER----	.401	.091	.022	.010	.022	.008	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	84.0	39.4	25.2	1.7	9.6	7.4	.4
SUMMER-----	90.6	32.6	19.0	2.3	11.9	5.2	.0
FALL-----	87.4	37.5	26.9	2.9	13.3	10.4	.3
WINTER-----	87.0	36.6	34.2	.7	18.7	9.5	.4

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
HOME-PRODUCED

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL FRUIT						CITRUS					OTHER VITAMIN-C RICH *		
	TOTAL ‡	CANNED		FROZEN		DRIED	TOTAL (JUICE EQUIV- ALENT) ‡	CANNED		FROZEN		TOTAL ‡	FROZEN	
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME		COMMER- CIAL	HOME
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	1.268	.000	.201	.000	.111	.002	.012	.000	*	.000	.001	.134	.000	.037
SPRING-----	.562	.000	.264	.000	.106	*	.005	.000	.002	.000	.002	.113	.000	.043
SUMMER-----	3.054	.000	.120	.000	.115	.001	.000	.000	.000	.000	.000	.287	.000	.028
FALL-----	.526	.000	.159	.000	.093	.001	.002	.000	.000	.000	.002	.046	.000	.030
WINTER-----	.574	.000	.294	.000	.140	.006	.056	.000	.000	.000	.000	.057	.000	.052
UNDER 1,000-----	1.409	.000	.234	.000	.057	.004	.000	.000	.000	.000	.000	.039	.000	.014
1,000-1,999-----	1.461	.000	.318	.000	.116	.000	.000	.000	.000	.000	.000	.105	.000	.022
2,000-2,999-----	.863	.000	.209	.000	.076	.002	.047	.000	.002	.000	.003	.085	.000	.031
3,000-3,999-----	1.367	.000	.207	.000	.077	.004	.000	.000	.000	.000	.000	.180	.000	.031
4,000-4,999-----	1.464	.000	.241	.000	.098	.000	.001	.000	.001	.000	.000	.138	.000	.033
5,000-5,999-----	1.072	.000	.133	.000	.129	.000	.000	.000	.000	.000	.000	.118	.000	.047
6,000-6,999-----	1.053	.000	.151	.000	.191	.000	.000	.000	.000	.000	.000	.177	.000	.065
7,000-9,999-----	1.789	.000	.111	.000	.242	.003	.042	.000	.000	.000	.000	.151	.000	.078
10,000 AND OVER----	.974	.000	.049	.000	.117	.000	.022	.000	.000	.000	.013	.184	.000	.052

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.172	.000	.044	.000	.044	.001	.003	.000	*	.000	*	.036	.000	.017
SPRING-----	.153	.000	.059	.000	.041	*	.001	.000	*	.000	*	.039	.000	.018
SUMMER-----	.267	.000	.027	.000	.046	*	.000	.000	.000	.000	.000	.054	.000	.012
FALL-----	.114	.000	.035	.000	.040	*	.001	.000	.000	.000	.001	.021	.000	.015
WINTER-----	.136	.000	.063	.000	.054	.003	.011	.000	.000	.000	.000	.028	.000	.026
UNDER 1,000-----	.139	.000	.054	.000	.022	.002	.000	.000	.000	.000	.000	.012	.000	.007
1,000-1,999-----	.212	.000	.070	.000	.045	.000	.000	.000	.000	.000	.000	.026	.000	.009
2,000-2,999-----	.133	.000	.046	.000	.028	.001	.010	.000	*	.000	.001	.025	.000	.014
3,000-3,999-----	.157	.000	.045	.000	.034	.002	.000	.000	.000	.000	.000	.043	.000	.014
4,000-4,999-----	.185	.000	.054	.000	.038	.000	*	.000	*	.000	.000	.036	.000	.015
5,000-5,999-----	.150	.000	.027	.000	.052	.000	.000	.000	.000	.000	.000	.037	.000	.022
6,000-6,999-----	.202	.000	.032	.000	.077	.000	.000	.000	.000	.000	.000	.056	.000	.031
7,000-9,999-----	.247	.000	.026	.000	.098	.001	.008	.000	.000	.000	.000	.052	.000	.037
10,000 AND OVER----	.140	.000	.011	.000	.049	.000	.005	.000	.000	.000	.003	.056	.000	.024

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	41.1	.0	23.6	.0	13.4	.1	.4	.0	.2	.0	.1	12.4	.0	7.1
SUMMER-----	57.4	.0	15.8	.0	12.6	.3	.0	.0	.0	.0	.0	16.5	.0	4.8
FALL-----	39.2	.0	23.0	.0	15.5	.3	.3	.0	.0	.0	.3	8.4	.0	6.5
WINTER-----	44.0	.0	29.2	.0	21.1	1.1	1.4	.0	.0	.0	.0	9.9	.0	9.5

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED HOME-PRODUCED

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER						MIX- TURES (22)
	TOTAL # (16)	CANNED		FROZEN		DRIED (21)	
		COMMER- CIAL (17)	HOME (18)	COMMER- CIAL (19)	HOME (20)		

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	1.110	.000	.198	.000	.073	.002	.000
SPRING-----	.442	.000	.256	.000	.060	*	.000
SUMMER-----	2.767	.000	.120	.000	.087	.001	.000
FALL-----	.478	.000	.158	.000	.060	.001	.000
WINTER-----	.405	.000	.294	.000	.088	.006	.000
UNDER 1,000-----	1.370	.000	.232	.000	.043	.004	.000
1,000-1,999-----	1.355	.000	.316	.000	.094	.000	.000
2,000-2,999-----	.689	.000	.204	.000	.042	.002	.000
3,000-3,999-----	1.187	.000	.202	.000	.046	.004	.000
4,000-4,999-----	1.325	.000	.240	.000	.065	.000	.000
5,000-5,999-----	.954	.000	.133	.000	.082	.000	.000
6,000-6,999-----	.877	.000	.148	.000	.126	.000	.000
7,000-9,999-----	1.553	.000	.111	.000	.164	.003	.000
10,000 AND OVER----	.759	.000	.049	.000	.052	.000	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.133	.000	.043	.000	.027	.001	.000
SPRING-----	.113	.000	.057	.000	.022	*	.000
SUMMER-----	.212	.000	.027	.000	.034	*	.000
FALL-----	.092	.000	.034	.000	.024	*	.000
WINTER-----	.096	.000	.063	.000	.028	.003	.000
UNDER 1,000-----	.127	.000	.053	.000	.015	.002	.000
1,000-1,999-----	.186	.000	.069	.000	.035	.000	.000
2,000-2,999-----	.098	.000	.044	.000	.013	.001	.000
3,000-3,999-----	.114	.000	.043	.000	.020	.002	.000
4,000-4,999-----	.149	.000	.054	.000	.023	.000	.000
5,000-5,999-----	.113	.000	.027	.000	.030	.000	.000
6,000-6,999-----	.146	.000	.031	.000	.046	.000	.000
7,000-9,999-----	.186	.000	.026	.000	.061	.001	.000
10,000 AND OVER----	.080	.000	.011	.000	.022	.000	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	36.4	.0	23.5	.0	9.0	.1	.0
SUMMER-----	55.2	.0	15.8	.0	10.0	.3	.0
FALL-----	36.2	.0	23.0	.0	11.3	.3	.0
WINTER-----	39.1	.0	29.2	.0	15.1	1.1	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 17.--GRAIN PRODUCTS

SOUTH

ALL ORGANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ENRICHED, WHOLE GRAIN					NOT ENRICHED OR WHOLE GRAIN					
	TOTAL (FLOUR EQUIV- ALENT) ‡ (2)	FLOUR (3)	CEREAL, PASTES (4)	BREAD (5)	OTHER BAKERY PROD- UCTS (6)	TOTAL (FLOUR EQUIV- ALENT) ‡ (7)	FLOUR (8)	CEREAL, PASTES (9)	BREAD (10)	OTHER BAKERY PROD- UCTS (11)	SOUP, MIX- TURES (12)
QUANTITY PER PERSON PER WEEK (POUNDS)											
ALL HOUSEHOLDS, YEAR-----	2.577	.779	.950	1.134	.277	.512	.096	.113	.042	.567	.222
SPRING-----	2.596	.770	.984	1.129	.278	.490	.108	.085	.047	.574	.210
SUMMER-----	2.472	.702	.904	1.160	.277	.517	.100	.115	.041	.591	.195
FALL-----	2.674	.853	.961	1.174	.259	.555	.098	.152	.039	.561	.267
WINTER-----	2.575	.799	.957	1.070	.293	.484	.078	.101	.043	.537	.218
UNDER 1,000-----	3.124	1.212	1.244	.929	.178	.617	.072	.324	.016	.436	.115
1,000-1,999-----	3.216	1.130	1.395	.970	.178	.432	.096	.125	.019	.431	.134
2,000-2,999-----	3.144	1.097	1.335	.994	.192	.482	.089	.173	.028	.442	.168
3,000-3,999-----	2.833	.990	1.043	1.116	.220	.482	.094	.138	.023	.451	.205
4,000-4,999-----	2.717	.857	.975	1.183	.281	.525	.114	.130	.035	.505	.231
5,000-5,999-----	2.456	.664	.830	1.271	.327	.508	.103	.073	.044	.588	.269
6,000-6,999-----	2.383	.644	.798	1.200	.362	.464	.096	.077	.045	.582	.213
7,000-7,999-----	2.212	.507	.760	1.252	.325	.523	.093	.073	.057	.677	.279
8,000-8,999-----	2.063	.521	.648	1.169	.322	.539	.096	.082	.044	.683	.294
9,000-9,999-----	2.024	.432	.609	1.259	.378	.574	.101	.098	.067	.736	.272
10,000-14,999-----	1.927	.390	.688	1.136	.291	.618	.093	.047	.078	.852	.302
15,000 AND OVER----	1.810	.314	.619	1.091	.376	.629	.099	.055	.122	.818	.261
MONEY VALUE PER PERSON PER WEEK (DOLLARS)											
ALL HOUSEHOLDS, YEAR-----	.601	.089	.201	.235	.076	.382	.028	.017	.013	.245	.077
SPRING-----	.602	.089	.207	.232	.075	.379	.031	.015	.014	.246	.071
SUMMER-----	.585	.081	.192	.237	.075	.376	.029	.015	.013	.250	.069
FALL-----	.612	.094	.201	.244	.072	.391	.029	.020	.013	.243	.085
WINTER-----	.606	.094	.204	.228	.080	.382	.026	.016	.014	.240	.084
UNDER 1,000-----	.552	.126	.199	.187	.041	.265	.021	.032	.005	.169	.036
1,000-1,999-----	.596	.120	.232	.200	.044	.246	.023	.018	.005	.156	.042
2,000-2,999-----	.578	.119	.212	.201	.046	.277	.026	.023	.008	.171	.049
3,000-3,999-----	.578	.109	.194	.222	.053	.306	.026	.018	.007	.184	.070
4,000-4,999-----	.602	.096	.196	.239	.072	.355	.029	.020	.012	.215	.077
5,000-5,999-----	.632	.082	.202	.263	.085	.406	.032	.013	.014	.256	.087
6,000-6,999-----	.615	.077	.189	.250	.099	.384	.031	.013	.014	.248	.077
7,000-7,999-----	.615	.063	.199	.260	.093	.458	.029	.012	.018	.297	.099
8,000-8,999-----	.593	.068	.186	.246	.093	.478	.034	.013	.014	.313	.099
9,000-9,999-----	.615	.054	.189	.263	.108	.515	.032	.017	.020	.337	.108
10,000-14,999-----	.617	.056	.208	.253	.101	.596	.031	.011	.025	.402	.125
15,000 AND OVER----	.640	.041	.215	.252	.131	.606	.033	.010	.040	.419	.103
PERCENT OF HOUSEHOLDS USING IN A WEEK											
ALL HOUSEHOLDS											
SPRING-----	99.8	81.7	94.2	95.2	51.1	90.7	21.9	21.8	12.1	83.1	36.8
SUMMER-----	99.4	82.6	93.4	96.1	50.1	89.3	21.1	19.0	12.5	84.0	32.5
FALL-----	99.8	85.8	93.9	96.5	53.2	93.1	22.7	22.2	11.9	85.1	41.6
WINTER-----	99.5	85.0	92.6	95.5	51.3	92.3	20.3	23.8	12.0	85.8	41.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 17.--GRAIN PRODUCTS

SOUTH

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ENRICHED, WHOLE GRAIN					NOT ENRICHED OR WHOLE GRAIN					
	TOTAL (FLOUR EQUIV- ALENT) * (2)	FLOUR (3)	CEREAL, PASTES (4)	BREAD (5)	OTHER BAKERY PROD- UCTS (6)	TOTAL (FLOUR EQUIV- ALENT) * (7)	FLOUR (8)	CEREAL, PASTES (9)	BREAD (10)	OTHER BAKERY PROD- UCTS (11)	SOUP, MIX- TURES (12)
QUANTITY PER PERSON PER WEEK (POUNDS)											
ALL HOUSEHOLDS, YEAR-	2.168	.516	.773	1.179	.287	.507	.095	.089	.055	.590	.253
SPRING-----	2.218	.522	.818	1.175	.297	.501	.104	.076	.060	.611	.243
SUMMER-----	2.028	.447	.719	1.167	.268	.519	.094	.100	.052	.615	.224
FALL-----	2.271	.544	.797	1.266	.287	.529	.105	.098	.059	.573	.296
WINTER-----	2.171	.558	.762	1.118	.297	.479	.077	.083	.049	.559	.254
UNDER 1,000-----	2.474	.665	1.044	1.042	.228	.496	.079	.168	.030	.502	.167
1,000-1,999-----	2.577	.683	1.131	1.072	.194	.396	.082	.068	.032	.466	.143
2,000-2,999-----	2.504	.659	1.004	1.140	.259	.522	.087	.184	.046	.478	.219
3,000-3,999-----	2.290	.636	.813	1.187	.228	.432	.080	.105	.033	.448	.209
4,000-4,999-----	2.348	.617	.860	1.147	.297	.555	.130	.137	.045	.507	.257
5,000-5,999-----	2.174	.493	.728	1.275	.311	.507	.095	.055	.060	.607	.311
6,000-6,999-----	1.978	.412	.630	1.206	.352	.494	.097	.087	.051	.602	.264
7,000-7,999-----	2.074	.429	.674	1.299	.319	.529	.088	.075	.072	.686	.299
8,000-8,999-----	1.946	.421	.652	1.195	.270	.547	.105	.067	.057	.700	.307
9,000-9,999-----	1.915	.413	.587	1.199	.324	.546	.074	.084	.071	.730	.276
10,000-14,999-----	1.888	.338	.710	1.133	.282	.601	.095	.033	.084	.847	.288
15,000 AND OVER----	1.639	.296	.502	1.080	.329	.490	.098	.043	.076	.615	.233
MONEY VALUE PER PERSON PER WEEK (DOLLARS)											
ALL HOUSEHOLDS, YEAR-	.582	.065	.192	.245	.080	.415	.029	.014	.017	.264	.089
SPRING-----	.596	.068	.201	.242	.083	.422	.032	.015	.018	.270	.084
SUMMER-----	.551	.055	.182	.239	.075	.403	.027	.015	.016	.266	.079
FALL-----	.608	.067	.196	.262	.082	.424	.032	.014	.020	.262	.094
WINTER-----	.579	.071	.188	.238	.081	.413	.026	.014	.016	.256	.100
UNDER 1,000-----	.556	.085	.209	.208	.053	.330	.028	.022	.011	.216	.054
1,000-1,999-----	.568	.075	.224	.221	.048	.269	.020	.014	.008	.175	.049
2,000-2,999-----	.583	.082	.210	.229	.062	.319	.027	.025	.014	.189	.065
3,000-3,999-----	.544	.078	.181	.227	.057	.315	.025	.014	.010	.190	.076
4,000-4,999-----	.579	.075	.196	.230	.077	.380	.030	.021	.014	.225	.086
5,000-5,999-----	.597	.064	.190	.262	.081	.440	.031	.010	.019	.273	.101
6,000-6,999-----	.587	.054	.173	.258	.102	.423	.032	.014	.017	.260	.093
7,000-7,999-----	.610	.056	.194	.268	.092	.460	.028	.013	.023	.305	.109
8,000-8,999-----	.591	.059	.194	.254	.084	.505	.038	.012	.019	.330	.107
9,000-9,999-----	.575	.051	.177	.253	.093	.504	.023	.014	.021	.340	.103
10,000-14,999-----	.607	.050	.207	.251	.099	.587	.032	.007	.026	.403	.116
15,000 AND OVER----	.574	.039	.165	.251	.120	.481	.031	.007	.027	.323	.094
PERCENT OF HOUSEHOLDS USING IN A WEEK											
ALL HOUSEHOLDS											
SPRING-----	99.8	77.3	94.3	95.8	53.3	92.2	21.9	20.9	14.8	84.3	40.5
SUMMER-----	99.0	78.7	93.4	96.7	50.3	90.6	19.8	19.0	15.7	85.5	36.0
FALL-----	99.7	82.3	94.5	97.8	57.2	94.2	24.0	21.3	16.6	86.2	45.0
WINTER-----	99.3	81.9	92.1	96.3	54.0	92.6	20.3	23.5	14.1	86.1	45.5

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 17.--GRAIN PRODUCTS

SOUTH

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ENRICHED, WHOLE GRAIN					NOT ENRICHED OR WHOLE GRAIN					
	TOTAL (FLOUR EQUIV- ALENT) * (2)	FLOUR (3)	CEREAL, PASTES (4)	BREAD (5)	OTHER BAKERY PROD- UCTS (6)	TOTAL (FLOUR EQUIV- ALENT) * (7)	FLOUR (8)	CEREAL, PASTES (9)	BREAD (10)	OTHER BAKERY PROD- UCTS (11)	SOUP, MIX- TURES (12)
QUANTITY PER PERSON PER WEEK (POUNDS)											
ALL HOUSEHOLDS, YEAR-	2.970	1.031	1.107	1.110	.272	.516	.098	.119	.031	.564	.187
SPRING-----	2.933	.976	1.126	1.106	.269	.501	.119	.096	.033	.552	.179
SUMMER-----	2.870	.909	1.062	1.190	.302	.509	.112	.106	.030	.592	.156
FALL-----	3.003	1.159	1.044	1.111	.221	.581	.086	.189	.020	.581	.249
WINTER-----	3.087	1.086	1.206	1.027	.297	.467	.075	.084	.040	.530	.164
UNDER 1,000-----	3.488	1.488	1.342	.922	.161	.581	.074	.264	.007	.447	.089
1,000-1,999-----	3.573	1.303	1.594	.954	.173	.435	.110	.118	.010	.441	.130
2,000-2,999-----	3.517	1.360	1.519	.914	.153	.450	.107	.137	.015	.441	.127
3,000-3,999-----	3.171	1.340	1.080	1.037	.212	.571	.121	.184	.018	.442	.211
4,000-4,999-----	3.148	1.142	1.082	1.275	.248	.490	.091	.113	.023	.511	.185
5,000-5,999-----	2.854	.881	.965	1.306	.366	.496	.105	.086	.022	.577	.204
6,000-6,999-----	2.883	.946	.984	1.218	.358	.398	.088	.062	.038	.532	.134
7,000-9,999-----	2.297	.577	.735	1.223	.418	.553	.102	.097	.033	.694	.258
10,000 AND OVER----	1.959	.399	.701	1.096	.346	.760	.088	.070	.123	1.017	.346
MONEY VALUE PER PERSON PER WEEK (DOLLARS)											
ALL HOUSEHOLDS, YEAR-	.632	.113	.214	.231	.073	.356	.027	.018	.010	.235	.064
SPRING-----	.613	.105	.214	.227	.067	.343	.029	.016	.010	.229	.059
SUMMER-----	.633	.105	.204	.242	.081	.357	.032	.015	.010	.244	.057
FALL-----	.623	.122	.205	.234	.063	.374	.025	.026	.006	.236	.081
WINTER-----	.659	.122	.233	.222	.083	.347	.024	.015	.013	.230	.061
UNDER 1,000-----	.554	.146	.187	.184	.037	.231	.017	.031	.002	.156	.026
1,000-1,999-----	.632	.140	.249	.199	.045	.233	.023	.015	.003	.154	.036
2,000-2,999-----	.577	.143	.211	.187	.036	.256	.030	.018	.005	.166	.038
3,000-3,999-----	.606	.141	.194	.224	.047	.301	.028	.023	.006	.174	.069
4,000-4,999-----	.635	.120	.195	.259	.061	.320	.025	.018	.010	.205	.062
5,000-5,999-----	.705	.105	.228	.273	.099	.361	.033	.017	.007	.239	.066
6,000-6,999-----	.653	.107	.211	.243	.092	.316	.027	.011	.011	.222	.044
7,000-9,999-----	.640	.071	.200	.253	.116	.462	.033	.017	.010	.302	.093
10,000 AND OVER----	.683	.056	.253	.253	.122	.728	.031	.019	.039	.491	.148
PERCENT OF HOUSEHOLDS USING IN A WEEK											
ALL HOUSEHOLDS											
SPRING-----	99.7	87.7	93.5	94.8	49.9	88.7	21.5	23.3	9.2	82.1	32.6
SUMMER-----	100.0	87.1	92.6	95.4	51.2	87.1	23.0	18.4	9.2	82.0	28.1
FALL-----	100.0	90.0	91.9	94.8	47.4	92.9	20.9	22.3	6.6	85.3	37.9
WINTER-----	100.0	89.4	93.2	94.7	47.3	92.8	19.3	22.7	9.7	87.0	34.8

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 17.--GRAIN PRODUCTS
ALL SOURCES

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ENRICHED, WHOLE GRAIN					NOT ENRICHED OR WHOLE GRAIN					
	TOTAL (FLOUR EQUIV- ALENT) ‡ (2)	FLOUR (3)	CEREAL, PASTES (4)	BREAD (5)	OTHER BAKERY PROD- UCTS (6)	TOTAL (FLOUR EQUIV- ALENT) ‡ (7)	FLOUR (8)	CEREAL, PASTES (9)	BREAD (10)	OTHER BAKERY PROD- UCTS (11)	SOUP, MIX- TURES (12)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	3.581	1.424	1.434	.958	.234	.527	.096	.226	.011	.440	.160
SPRING-----	3.619	1.482	1.445	.946	.203	.396	.100	.099	.011	.439	.128
SUMMER-----	3.597	1.412	1.402	1.039	.250	.534	.088	.226	.013	.464	.166
FALL-----	3.592	1.385	1.494	.931	.246	.598	.100	.293	.004	.440	.178
WINTER-----	3.486	1.418	1.383	.888	.239	.599	.098	.310	.016	.402	.169
UNDER 1,000-----	3.616	1.691	1.426	.714	.113	.947	.054	.778	.009	.278	.070
1,000-1,999-----	3.959	1.881	1.547	.727	.147	.525	.092	.306	.008	.304	.120
2,000-2,999-----	4.075	1.720	1.839	.771	.092	.443	.052	.232	.004	.344	.118
3,000-3,999-----	3.950	1.457	1.737	1.040	.208	.464	.084	.156	.004	.482	.179
4,000-4,999-----	3.498	1.344	1.312	1.083	.302	.469	.095	.143	.015	.473	.231
5,000-5,999-----	3.037	1.106	1.068	1.114	.302	.559	.155	.154	.006	.492	.196
6,000-6,999-----	3.195	1.040	1.225	1.077	.454	.525	.128	.066	.032	.650	.183
7,000-9,999-----	2.863	.964	1.002	1.127	.358	.522	.159	.100	.017	.586	.226
10,000 AND OVER----	2.648	.817	.728	1.390	.434	.480	.121	.124	.025	.599	.171

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.603	.145	.209	.194	.056	.283	.029	.026	.003	.173	.052
SPRING-----	.606	.149	.213	.191	.053	.260	.028	.014	.003	.171	.042
SUMMER-----	.612	.146	.206	.207	.053	.289	.030	.020	.004	.181	.054
FALL-----	.600	.141	.214	.187	.058	.288	.026	.034	.001	.171	.055
WINTER-----	.591	.144	.201	.186	.060	.299	.032	.040	.005	.164	.057
UNDER 1,000-----	.541	.162	.204	.149	.026	.209	.018	.059	.002	.105	.025
1,000-1,999-----	.564	.188	.202	.144	.030	.217	.028	.038	.002	.111	.038
2,000-2,999-----	.566	.167	.222	.154	.023	.209	.017	.029	.001	.129	.033
3,000-3,999-----	.634	.144	.236	.203	.051	.283	.025	.022	.001	.182	.053
4,000-4,999-----	.630	.138	.199	.222	.071	.327	.031	.018	.006	.192	.079
5,000-5,999-----	.618	.121	.193	.235	.069	.324	.039	.019	.002	.197	.065
6,000-6,999-----	.657	.120	.211	.222	.104	.395	.040	.012	.008	.267	.066
7,000-9,999-----	.627	.109	.199	.226	.093	.380	.044	.014	.007	.237	.077
10,000 AND OVER----	.644	.091	.157	.286	.110	.387	.044	.018	.007	.260	.059

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS											
SPRING-----	99.9	91.0	95.6	92.3	39.7	87.0	23.2	22.2	2.6	78.1	25.6
SUMMER-----	100.0	91.3	96.1	94.8	45.2	89.0	22.9	20.6	3.5	81.6	25.2
FALL-----	100.0	92.2	97.1	94.2	49.2	86.7	21.0	28.2	1.9	77.3	33.7
WINTER-----	100.0	92.6	94.4	91.9	46.1	88.0	24.3	30.6	4.6	77.5	29.6

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 17.--GRAIN PRODUCTS
HOME-PRODUCED

SOUTH

RURAL FARMS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ENRICHED, WHOLE GRAIN					NOT ENRICHED OR WHOLE GRAIN					
	TOTAL (FLOUR EQUIV- ALENT) ‡ (2)	FLOUR (3)	CEREAL, PASTES (4)	BREAD (5)	OTHER BAKERY PROD- UCTS (6)	TOTAL (FLOUR EQUIV- ALENT) ‡ (7)	FLOUR (8)	CEREAL, PASTES (9)	BREAD (10)	OTHER BAKERY PROD- UCTS (11)	SOUP, MIX- TURES (12)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.020	.010	.010	.000	.000	.062	.009	.051	.000	.000	.005
SPRING-----	.077	.039	.038	.000	.000	.041	.006	.034	.000	.000	.001
SUMMER-----	.000	.000	.000	.000	.000	.012	.000	.010	.000	.000	.006
FALL-----	.000	.000	.000	.000	.000	.120	.029	.090	.000	.000	.013
WINTER-----	.000	.000	.000	.000	.000	.083	.000	.083	.000	.000	.000
UNDER 1,000-----	.030	.020	.009	.000	.000	.075	.000	.075	.000	.000	.000
1,000-1,999-----	.032	.027	.005	.000	.000	.096	.008	.089	.000	.000	.000
2,000-2,999-----	.025	.004	.020	.000	.000	.108	.000	.106	.000	.000	.010
3,000-3,999-----	.032	.013	.019	.000	.000	.061	.014	.046	.000	.000	.007
4,000-4,999-----	.021	.015	.006	.000	.000	.026	.000	.024	.000	.000	.011
5,000-5,999-----	.000	.000	.000	.000	.000	.050	.028	.021	.000	.000	.009
6,000-6,999-----	.001	.001	.000	.000	.000	.002	.000	.001	.000	.000	.005
7,000-9,999-----	.000	.000	.000	.000	.000	.054	.034	.020	.000	.000	.000
10,000 AND OVER----	.009	.000	.009	.000	.000	.005	.000	.005	.000	.000	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.002	.001	.001	.000	.000	.010	.001	.006	.000	.000	.002
SPRING-----	.008	.004	.004	.000	.000	.006	.001	.005	.000	.000	.001
SUMMER-----	.000	.000	.000	.000	.000	.004	.000	.001	.000	.000	.002
FALL-----	.000	.000	.000	.000	.000	.018	.003	.009	.000	.000	.005
WINTER-----	.000	.000	.000	.000	.000	.013	.000	.013	.000	.000	.000
UNDER 1,000-----	.003	.002	.001	.000	.000	.008	.000	.008	.000	.000	.000
1,000-1,999-----	.004	.003	.001	.000	.000	.011	.001	.010	.000	.000	.000
2,000-2,999-----	.003	*	.002	.000	.000	.018	.000	.015	.000	.000	.004
3,000-3,999-----	.003	.001	.002	.000	.000	.011	.002	.006	.000	.000	.003
4,000-4,999-----	.002	.002	.001	.000	.000	.007	.000	.003	.000	.000	.004
5,000-5,999-----	.000	.000	.000	.000	.000	.009	.003	.002	.000	.000	.004
6,000-6,999-----	*	*	.000	.000	.000	.002	.000	*	.000	.000	.002
7,000-9,999-----	.000	.000	.000	.000	.000	.006	.004	.002	.000	.000	.000
10,000 AND OVER----	.001	.000	.001	.000	.000	.001	.000	.001	.000	.000	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS											
SPRING-----	3.0	1.3	2.0	.0	.0	3.5	.4	3.0	.0	.0	.5
SUMMER-----	.0	.0	.0	.0	.0	1.9	.0	1.0	.0	.0	1.0
FALL-----	.0	.0	.0	.0	.0	7.4	1.3	5.5	.0	.0	1.6
WINTER-----	.0	.0	.0	.0	.0	4.9	.0	4.9	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD

SOUTH

ALL URBANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	FATS, OILS						SUGAR, SWEETS				OTHER FOOD			
	TOTAL	BUTTER	MARGA- RINE	OIL, SALAD DRESS- ING	LARD	VEGE- TABLE SHORT- ENING	TOTAL (SUGAR EQUIV- ALENT) ‡	SUGAR, SIRUP, JELLY, CANDY	OTHER SWEETS (SUGAR EQUIVALENT) ‡		TOTAL ‡	ALCO- HOLIC BEVERAGE	SOME NU- TRITIVE VALUE ‡	NO NU- TRITIVE VALUE ‡
									VIT. C ADDED	NO VIT. C ADDED				
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
QUANTITY PER PERSON PER WEEK (POUNDS)														
ALL HOUSEHOLDS, YEAR-	.921	.062	.263	.284	.141	.171	1.517	1.287	.030	.199	**	.346	.276	**
SPRING-----	.949	.063	.266	.300	.152	.167	1.556	1.331	.034	.192	**	.376	.286	**
SUMMER-----	.908	.056	.246	.301	.130	.174	1.574	1.300	.043	.232	**	.371	.266	**
FALL-----	.921	.068	.268	.250	.169	.167	1.516	1.313	.020	.183	**	.288	.283	**
WINTER-----	.907	.063	.273	.282	.114	.175	1.417	1.208	.023	.186	**	.346	.271	**
UNDER 1,000-----	.919	.059	.218	.189	.337	.116	1.400	1.266	.014	.121	**	.329	.272	**
1,000-1,999-----	.923	.055	.239	.198	.301	.131	1.495	1.340	.011	.144	**	.066	.265	**
2,000-2,999-----	.895	.051	.224	.197	.271	.152	1.444	1.279	.020	.145	**	.111	.219	**
3,000-3,999-----	.925	.050	.261	.219	.225	.170	1.584	1.390	.017	.176	**	.271	.232	**
4,000-4,999-----	.950	.043	.261	.280	.147	.220	1.550	1.322	.028	.200	**	.222	.253	**
5,000-5,999-----	.942	.063	.280	.311	.070	.218	1.631	1.382	.036	.213	**	.400	.296	**
6,000-6,999-----	.955	.058	.293	.350	.064	.190	1.525	1.266	.037	.222	**	.446	.288	**
7,000-7,999-----	.888	.066	.278	.322	.041	.181	1.593	1.309	.051	.233	**	.405	.285	**
8,000-8,999-----	.894	.085	.272	.360	.033	.144	1.566	1.244	.038	.284	**	.658	.321	**
9,000-9,999-----	.877	.061	.272	.357	.025	.163	1.369	1.105	.040	.224	**	.413	.293	**
10,000-14,999-----	.875	.095	.272	.367	.015	.126	1.426	1.127	.050	.249	**	.712	.331	**
15,000 AND OVER----	.913	.121	.273	.398	.005	.117	1.441	1.122	.041	.277	**	.744	.342	**
MONEY VALUE PER PERSON PER WEEK (DOLLARS)														
ALL HOUSEHOLDS, YEAR-	.293	.046	.073	.095	.029	.050	.523	.273	.026	.224	.538	.208	.266	.064
SPRING-----	.300	.046	.073	.099	.031	.051	.545	.285	.029	.231	.551	.196	.283	.072
SUMMER-----	.285	.041	.067	.099	.027	.050	.555	.260	.032	.262	.515	.192	.259	.065
FALL-----	.293	.050	.074	.084	.035	.049	.506	.282	.019	.205	.531	.199	.267	.065
WINTER-----	.294	.047	.077	.095	.024	.050	.483	.266	.022	.195	.558	.248	.256	.054
UNDER 1,000-----	.263	.041	.061	.056	.073	.033	.411	.241	.017	.152	.504	.177	.260	.067
1,000-1,999-----	.267	.040	.062	.064	.062	.039	.425	.245	.009	.171	.367	.048	.250	.068
2,000-2,999-----	.261	.038	.061	.063	.056	.043	.428	.243	.017	.168	.312	.049	.212	.051
3,000-3,999-----	.264	.037	.068	.069	.045	.045	.481	.260	.015	.206	.364	.089	.231	.045
4,000-4,999-----	.281	.031	.070	.089	.030	.061	.522	.269	.025	.228	.382	.089	.238	.055
5,000-5,999-----	.306	.047	.077	.103	.015	.064	.568	.300	.027	.241	.517	.176	.280	.061
6,000-6,999-----	.310	.043	.080	.115	.014	.058	.547	.265	.032	.251	.571	.232	.281	.058
7,000-7,999-----	.295	.049	.078	.107	.009	.052	.602	.304	.044	.253	.582	.236	.294	.053
8,000-8,999-----	.312	.061	.076	.124	.006	.045	.672	.326	.037	.308	.745	.389	.290	.066
9,000-9,999-----	.304	.046	.082	.122	.006	.049	.548	.259	.033	.256	.646	.279	.290	.076
10,000-14,999-----	.332	.072	.083	.133	.003	.041	.601	.298	.041	.262	.895	.492	.302	.101
15,000 AND OVER----	.363	.091	.084	.149	.001	.038	.651	.311	.039	.300	1.507	1.076	.332	.099
PERCENT OF HOUSEHOLDS USING IN A WEEK														
ALL HOUSEHOLDS														
SPRING-----	99.0	24.4	82.5	79.6	21.2	46.0	98.9	98.2	16.5	79.4	97.8	19.8	96.3	46.3
SUMMER-----	98.7	23.6	83.2	81.9	18.8	49.5	98.9	97.8	22.3	84.4	96.1	18.3	93.7	40.3
FALL-----	99.5	29.0	81.4	79.8	22.5	46.0	98.9	98.2	13.2	75.7	98.0	18.7	96.4	44.9
WINTER-----	99.0	27.2	83.4	79.3	16.8	51.0	98.7	97.9	13.0	75.3	97.2	20.4	96.0	36.3

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD

SOUTH

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	FATS, OILS						SUGAR, SWEETS				OTHER FOOD			
	TOTAL	BUTTER	MARGA- RINE	OIL, SALAD DRESS- ING	LARD	VEGE- TABLE SHORT- ENING	TOTAL (SUGAR EQUIV- ALENT) #	SUGAR, SIRUP, JELLY, CANDY	OTHER SWEETS (SUGAR EQUIVALENT) #		TOTAL #	ALCO- HOLIC BEVERAGE	SOME NU- TRITIVE VALUE #	NO NU- TRITIVE VALUE #
									VIT. C ADDED	VIT. C ADDED				
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
QUANTITY PER PERSON PER WEEK (POUNDS)														
ALL HOUSEHOLDS, YEAR--	.867	.065	.271	.293	.063	.176	1.420	1.169	.038	.213	**	.470	.280	**
SPRING-----	.897	.063	.280	.310	.075	.169	1.454	1.207	.043	.204	**	.499	.297	**
SUMMER-----	.841	.063	.249	.303	.045	.181	1.434	1.141	.053	.241	**	.510	.267	**
FALL-----	.884	.070	.286	.265	.085	.178	1.467	1.229	.026	.212	**	.439	.289	**
WINTER-----	.851	.064	.270	.291	.050	.175	1.335	1.111	.030	.194	**	.429	.269	**
UNDER 1,000-----	.812	.049	.260	.201	.137	.164	1.161	1.005	.023	.133	**	.760	.277	**
1,000-1,999-----	.836	.050	.272	.238	.110	.165	1.313	1.132	.021	.160	**	.075	.262	**
2,000-2,999-----	.855	.051	.261	.228	.135	.180	1.432	1.226	.037	.169	**	.194	.236	**
3,000-3,999-----	.847	.051	.286	.221	.131	.157	1.490	1.291	.018	.180	**	.445	.229	**
4,000-4,999-----	.874	.047	.244	.272	.092	.220	1.398	1.157	.040	.201	**	.293	.237	**
5,000-5,999-----	.888	.066	.272	.298	.038	.214	1.470	1.207	.038	.225	**	.575	.287	**
6,000-6,999-----	.894	.066	.294	.328	.028	.178	1.469	1.194	.047	.228	**	.611	.279	**
7,000-7,999-----	.874	.065	.283	.318	.014	.193	1.589	1.284	.060	.245	**	.472	.296	**
8,000-8,999-----	.880	.111	.275	.342	.008	.144	1.568	1.222	.048	.298	**	.824	.343	**
9,000-9,999-----	.877	.060	.269	.361	.023	.162	1.300	1.033	.043	.223	**	.383	.276	**
10,000-14,999-----	.827	.089	.243	.374	.006	.114	1.333	1.043	.043	.247	**	.796	.337	**
15,000 AND OVER----	.846	.107	.270	.366	.003	.100	1.358	1.033	.039	.286	**	.554	.354	**
MONEY VALUE PER PERSON PER WEEK (DOLLARS)														
ALL HOUSEHOLDS, YEAR--	.286	.048	.075	.099	.013	.052	.530	.256	.032	.242	.597	.256	.271	.071
SPRING-----	.295	.046	.078	.104	.015	.052	.549	.268	.036	.246	.615	.240	.294	.081
SUMMER-----	.276	.047	.068	.099	.009	.052	.555	.240	.039	.275	.597	.268	.257	.071
FALL-----	.292	.051	.079	.091	.017	.053	.532	.274	.022	.235	.642	.290	.279	.073
WINTER-----	.283	.048	.076	.099	.010	.050	.481	.245	.030	.207	.539	.227	.253	.059
UNDER 1,000-----	.242	.036	.072	.062	.026	.047	.369	.196	.019	.153	.734	.415	.267	.052
1,000-1,999-----	.254	.038	.069	.076	.023	.048	.413	.207	.018	.188	.385	.040	.263	.082
2,000-2,999-----	.260	.038	.069	.074	.028	.050	.465	.240	.028	.197	.365	.063	.225	.057
3,000-3,999-----	.251	.035	.075	.071	.027	.043	.480	.248	.017	.214	.417	.141	.226	.049
4,000-4,999-----	.266	.033	.067	.087	.018	.060	.505	.241	.033	.231	.400	.115	.225	.060
5,000-5,999-----	.296	.050	.075	.100	.008	.064	.540	.259	.027	.254	.568	.232	.270	.065
6,000-6,999-----	.303	.049	.081	.111	.006	.056	.557	.248	.041	.268	.681	.329	.281	.071
7,000-7,999-----	.293	.050	.078	.106	.003	.055	.609	.292	.050	.268	.625	.270	.305	.050
8,000-8,999-----	.324	.080	.077	.118	.002	.046	.697	.331	.046	.320	.842	.465	.305	.072
9,000-9,999-----	.303	.045	.081	.121	.005	.050	.546	.252	.039	.255	.619	.266	.271	.082
10,000-14,999-----	.312	.068	.071	.134	.001	.037	.578	.280	.035	.263	.943	.536	.306	.100
15,000 AND OVER----	.333	.080	.081	.138	.001	.034	.669	.308	.038	.324	1.029	.576	.336	.117
PERCENT OF HOUSEHOLDS USING IN A WEEK														
ALL HOUSEHOLDS														
SPRING-----	98.7	23.9	84.0	82.2	12.9	48.6	98.5	97.7	19.0	79.7	97.4	24.6	95.7	46.8
SUMMER-----	99.0	26.6	84.5	84.3	8.6	55.3	99.0	97.5	24.9	84.8	96.2	22.1	93.4	39.8
FALL-----	99.2	31.2	83.4	83.4	13.0	50.3	98.6	97.8	16.0	79.8	97.0	23.8	94.5	47.2
WINTER-----	99.0	28.7	84.2	81.7	10.9	53.2	98.5	97.8	16.1	77.2	97.0	24.3	95.8	37.1

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD

SOUTH

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	FATS, OILS						SUGAR, SWEETS				OTHER FOOD			
	TOTAL	BUTTER	MARGA- RINE	OIL, SALAD DRESS- ING	LARD	VEGE- TABLE SHORT- ENING	TOTAL (SUGAR EQUIV- ALENT) ‡	SUGAR, SIRUP, JELLY, CANDY	OTHER SWEETS (SUGAR EQUIVALENT) ‡		TOTAL ‡	ALCO- HOLIC BEVERAGE	SOME NU- TRITIVE VALUE ‡	NO NU- TRITIVE VALUE ‡
									VIT. C ADDED (10)	VIT. C ADDED (11)				
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
QUANTITY PER PERSON PER WEEK (POUNDS)														
ALL HOUSEHOLDS, YEAR--	.981	.054	.264	.285	.204	.173	1.600	1.395	.022	.184	**	.227	.279	**
SPRING-----	1.014	.059	.259	.301	.221	.174	1.635	1.431	.023	.181	**	.257	.275	**
SUMMER-----	.977	.040	.252	.318	.186	.181	1.709	1.449	.035	.225	**	.235	.272	**
FALL-----	.955	.059	.259	.241	.237	.158	1.543	1.380	.015	.148	**	.142	.292	**
WINTER-----	.979	.059	.287	.279	.174	.180	1.508	1.312	.014	.182	**	.276	.277	**
UNDER 1,000-----	1.020	.066	.217	.184	.458	.096	1.513	1.381	.007	.124	**	.073	.288	**
1,000-1,999-----	.938	.046	.223	.166	.390	.113	1.561	1.423	.003	.135	**	.064	.280	**
2,000-2,999-----	.929	.041	.203	.183	.356	.146	1.423	1.285	.008	.130	**	.044	.209	**
3,000-3,999-----	1.033	.039	.262	.221	.297	.214	1.669	1.484	.015	.170	**	.095	.241	**
4,000-4,999-----	1.032	.026	.287	.296	.191	.232	1.700	1.497	.011	.193	**	.153	.272	**
5,000-5,999-----	1.026	.050	.305	.349	.087	.235	1.880	1.653	.035	.192	**	.155	.322	**
6,000-6,999-----	1.016	.046	.288	.393	.083	.205	1.503	1.272	.024	.206	**	.265	.308	**
7,000-9,999-----	.882	.054	.268	.361	.049	.150	1.516	1.258	.027	.231	**	.392	.282	**
10,000 AND OVER----	.985	.126	.317	.386	.010	.146	1.566	1.238	.063	.265	**	.791	.319	**
MONEY VALUE PER PERSON PER WEEK (DOLLARS)														
ALL HOUSEHOLDS, YEAR--	.301	.039	.074	.095	.043	.050	.518	.293	.019	.205	.507	.184	.267	.056
SPRING-----	.308	.044	.071	.097	.044	.052	.542	.306	.019	.218	.508	.170	.274	.063
SUMMER-----	.296	.029	.070	.106	.040	.051	.556	.280	.027	.249	.437	.115	.266	.056
FALL-----	.293	.043	.072	.080	.051	.046	.477	.291	.018	.168	.441	.120	.266	.055
WINTER-----	.310	.042	.083	.094	.038	.053	.495	.297	.013	.185	.654	.342	.263	.049
UNDER 1,000-----	.290	.042	.062	.055	.103	.028	.444	.269	.008	.167	.399	.038	.277	.085
1,000-1,999-----	.265	.034	.060	.056	.081	.035	.420	.260	.003	.157	.370	.065	.249	.056
2,000-2,999-----	.260	.030	.057	.056	.074	.043	.404	.243	.009	.152	.276	.021	.206	.049
3,000-3,999-----	.281	.031	.067	.069	.060	.055	.481	.271	.012	.198	.310	.036	.238	.037
4,000-4,999-----	.296	.019	.076	.096	.040	.064	.534	.302	.013	.219	.359	.061	.251	.047
5,000-5,999-----	.323	.037	.083	.114	.020	.069	.619	.372	.031	.216	.466	.110	.303	.054
6,000-6,999-----	.313	.033	.078	.122	.019	.060	.511	.270	.021	.219	.446	.120	.286	.039
7,000-9,999-----	.294	.038	.078	.124	.010	.044	.584	.305	.024	.256	.605	.260	.286	.059
10,000 AND OVER----	.394	.096	.104	.145	.002	.046	.644	.328	.053	.263	1.416	1.023	.302	.091
PERCENT OF HOUSEHOLDS USING IN A WEEK														
ALL HOUSEHOLDS														
SPRING-----	99.4	24.7	82.2	76.9	29.6	44.1	99.4	99.0	13.6	79.2	98.2	14.7	97.3	46.2
SUMMER-----	98.2	17.5	82.5	80.2	27.2	44.2	98.6	98.2	19.8	84.3	95.9	15.7	93.5	41.0
FALL-----	100.0	24.6	79.6	76.8	31.8	40.8	99.1	98.6	10.0	68.7	99.5	14.2	99.1	41.7
WINTER-----	99.0	24.2	83.6	76.3	21.3	49.3	99.0	98.1	8.7	73.9	97.1	16.9	96.1	35.3

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD ALL SOURCES

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	FATS, OILS						SUGAR, SWEETS				OTHER FOOD			
	TOTAL	BUTTER	MARGA- RINE	OIL, SALAD DRESS- ING	LARD	VEGE- TABLE SHORT- ENING	TOTAL (SUGAR EQUIV- ALENT) ‡	SUGAR, SIRUP, JELLY, CANDY	OTHER SWEETS (SUGAR EQUIVALENT) ‡		TOTAL ‡	ALCO- HOLIC BEVERAGE	SOME NU- TRITIVE VALUE ‡	NO NU- TRITIVE VALUE ‡
									VIT. C ADDED (10)	VIT. C ADDED (11)				
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	1.025	.074	.216	.229	.372	.135	1.784	1.604	.014	.166	**	.042	.246	**
SPRING-----	1.029	.076	.212	.239	.364	.139	1.868	1.693	.017	.159	**	.070	.257	**
SUMMER-----	1.049	.070	.214	.244	.408	.114	1.901	1.679	.019	.203	**	.054	.242	**
FALL-----	.996	.083	.210	.207	.358	.138	1.667	1.504	.009	.154	**	.018	.226	**
WINTER-----	1.025	.067	.231	.225	.347	.156	1.654	1.506	.008	.140	**	.016	.263	**
UNDER 1,000-----	.905	.065	.133	.175	.469	.063	1.629	1.533	.009	.088	**	.037	.225	**
1,000-1,999-----	1.122	.094	.189	.179	.574	.086	1.813	1.682	.003	.129	**	.048	.230	**
2,000-2,999-----	.929	.076	.169	.144	.454	.085	1.531	1.416	.005	.110	**	.032	.196	**
3,000-3,999-----	.969	.070	.176	.208	.391	.123	1.722	1.531	.016	.175	**	.046	.222	**
4,000-4,999-----	1.141	.078	.273	.274	.335	.181	1.966	1.733	.017	.216	**	.023	.288	**
5,000-5,999-----	1.024	.090	.242	.268	.243	.181	1.881	1.653	.023	.205	**	.032	.274	**
6,000-6,999-----	1.138	.049	.308	.318	.245	.218	2.027	1.766	.019	.241	**	.023	.272	**
7,000-9,999-----	1.062	.057	.284	.318	.222	.181	1.900	1.657	.035	.209	**	.041	.294	**
10,000 AND OVER----	1.061	.071	.299	.380	.129	.182	1.938	1.724	.016	.198	**	.172	.311	**

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.298	.054	.058	.072	.076	.038	.506	.303	.013	.189	.311	.021	.239	.052
SPRING-----	.303	.055	.056	.074	.079	.039	.530	.316	.021	.192	.332	.038	.247	.047
SUMMER-----	.294	.049	.057	.076	.079	.032	.551	.309	.015	.227	.328	.022	.249	.056
FALL-----	.295	.062	.057	.063	.074	.038	.472	.291	.008	.173	.277	.009	.212	.056
WINTER-----	.301	.052	.060	.073	.072	.044	.450	.293	.007	.151	.306	.011	.248	.047
UNDER 1,000-----	.245	.046	.037	.049	.098	.015	.419	.266	.035	.118	.278	.013	.209	.056
1,000-1,999-----	.309	.067	.051	.053	.114	.024	.473	.308	.002	.162	.302	.023	.217	.062
2,000-2,999-----	.264	.056	.044	.046	.093	.025	.380	.253	.004	.123	.247	.020	.187	.041
3,000-3,999-----	.274	.051	.046	.063	.078	.035	.483	.279	.011	.193	.300	.023	.232	.045
4,000-4,999-----	.327	.059	.070	.080	.069	.049	.582	.328	.014	.240	.357	.024	.278	.055
5,000-5,999-----	.318	.066	.065	.082	.053	.052	.588	.332	.017	.239	.331	.013	.261	.057
6,000-6,999-----	.346	.037	.079	.117	.052	.062	.631	.363	.011	.257	.310	.006	.262	.042
7,000-9,999-----	.331	.044	.081	.107	.047	.053	.600	.348	.030	.222	.351	.014	.283	.053
10,000 AND OVER----	.338	.050	.085	.120	.032	.050	.586	.337	.015	.235	.474	.075	.304	.095

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	99.2	27.7	72.9	70.6	49.7	34.7	99.8	99.0	9.2	77.3	98.4	4.6	97.8	43.0
SUMMER-----	99.0	25.5	77.4	72.9	53.5	30.3	99.4	99.0	14.8	82.6	96.8	3.9	95.8	40.3
FALL-----	99.4	31.1	74.8	67.3	49.8	37.5	99.7	99.4	7.4	75.1	99.4	3.2	98.7	41.4
WINTER-----	98.9	27.5	75.7	71.1	48.6	38.7	98.6	98.6	4.9	64.4	98.6	2.5	97.9	33.1

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD HOME-PRODUCED

SOUTH

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	FATS, OILS						SUGAR, SWEETS				OTHER FOOD			
	TOTAL ‡ (2)	BUTTER (3)	MARGA- RINE (4)	OIL, SALAD DRESS- ING (5)	LARD (6)	VEGE- TABLE SHORT- ENING (7)	TOTAL (SUGAR EQUIV- ALENT) ‡ (8)	SUGAR, SIRUP, JELLY, CANDY (9)	OTHER SWEETS (SUGAR EQUIVALENT) ‡		TOTAL ‡ (12)	ALCO- HOLIC BEVERAGE (13)	SOME NU- TRITIVE VALUE ‡ (14)	NO NU- TRITIVE VALUE ‡ (15)
									VIT. C ADDED (10)	VIT. C ADDED (11)				

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.188	.047	.000	.000	.140	.000	.150	.150	.000	*	**	*	.000	**
SPRING-----	.199	.049	.000	.000	.150	.000	.147	.146	.000	*	**	.001	.000	**
SUMMER-----	.189	.053	.000	.000	.136	.000	.172	.172	.000	.000	**	.000	.000	**
FALL-----	.157	.046	.000	.000	.111	.000	.126	.126	.000	.000	**	.000	.000	**
WINTER-----	.213	.038	.000	.000	.175	.000	.155	.155	.000	.000	**	.000	.000	**
UNDER 1,000-----	.187	.039	.000	.000	.148	.000	.148	.148	.000	.000	**	.000	.000	**
1,000-1,999-----	.254	.071	.000	.000	.183	.000	.169	.169	.000	.000	**	.000	.000	**
2,000-2,999-----	.216	.059	.000	.000	.157	.000	.134	.134	.000	.000	**	.000	.000	**
3,000-3,999-----	.169	.039	.000	.000	.130	.000	.122	.122	.000	.000	**	.000	.000	**
4,000-4,999-----	.201	.054	.000	.000	.147	.000	.147	.147	.000	*	**	.000	.000	**
5,000-5,999-----	.164	.053	.000	.000	.111	.000	.149	.149	.000	.000	**	.000	.000	**
6,000-6,999-----	.160	.025	.000	.000	.134	.000	.235	.235	.000	.000	**	.000	.000	**
7,000-9,999-----	.164	.031	.000	.000	.133	.000	.163	.161	.000	.000	**	.002	.000	**
10,000 AND OVER----	.083	.016	.000	.000	.066	.000	.109	.109	.000	.000	**	.000	.000	**

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.065	.035	.000	.000	.031	.000	.059	.059	.000	*	*	*	.000	.000
SPRING-----	.073	.036	.000	.000	.037	.000	.056	.056	.000	*	*	*	.000	.000
SUMMER-----	.064	.037	.000	.000	.027	.000	.070	.070	.000	.000	.000	.000	.000	.000
FALL-----	.058	.035	.000	.000	.023	.000	.051	.051	.000	.000	.000	.000	.000	.000
WINTER-----	.067	.030	.000	.000	.037	.000	.059	.059	.000	.000	.000	.000	.000	.000
UNDER 1,000-----	.062	.028	.000	.000	.034	.000	.055	.055	.000	.000	.000	.000	.000	.000
1,000-1,999-----	.092	.052	.000	.000	.040	.000	.068	.068	.000	.000	.000	.000	.000	.000
2,000-2,999-----	.078	.044	.000	.000	.034	.000	.050	.050	.000	.000	.000	.000	.000	.000
3,000-3,999-----	.057	.028	.000	.000	.028	.000	.047	.047	.000	.000	.000	.000	.000	.000
4,000-4,999-----	.072	.039	.000	.000	.032	.000	.059	.059	.000	*	.000	.000	.000	.000
5,000-5,999-----	.063	.039	.000	.000	.024	.000	.060	.060	.000	.000	.000	.000	.000	.000
6,000-6,999-----	.048	.019	.000	.000	.030	.000	.095	.095	.000	.000	.000	.000	.000	.000
7,000-9,999-----	.051	.023	.000	.000	.028	.000	.068	.065	.000	.000	.001	.001	.000	.000
10,000 AND OVER----	.026	.012	.000	.000	.014	.000	.044	.044	.000	.000	.000	.000	.000	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	28.9	14.5	.0	.0	22.0	.0	37.6	37.5	.0	.1	.1	.1	.0	.0
SUMMER-----	29.7	17.1	.0	.0	20.3	.0	49.4	49.4	.0	.0	.0	.0	.0	.0
FALL-----	24.3	13.3	.0	.0	17.2	.0	43.0	43.0	.0	.0	.0	.0	.0	.0
WINTER-----	33.5	13.0	.0	.0	27.1	.0	42.6	42.6	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 1.-- NUMBER AND PERCENT OF HOUSEHOLDS
AND AVERAGE HOUSEHOLD SIZE

WEST

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	HOUSEHOLDS		HOUSEHOLD SIZE								
	ACTUAL NUMBER (2A)	WEIGHTED PERCENT ‡ (2B)	EQUIV- ALENT PERSONS ‡ (3)	EQUIVALENT NUTRITION UNITS ‡							
				FOOD ENERGY (4)	PROTEIN (5)	CALCIUM (6)	IRON (7)	VITAMIN A VALUE (8)	THIAMIN (9)	RIBO- FLAVIN (10)	ASCORBIC ACID (11)
ALL URBANIZATIONS											
ALL HOUSEHOLDS, YEAR-	2,045	100.00	3.17	2.35	2.66	3.52	3.83	2.82	2.42	2.48	2.91
SPRING-----	1,027	25.10	3.13	2.33	2.65	3.54	3.84	2.80	2.38	2.47	2.93
SUMMER-----	331	23.93	3.31	2.45	2.78	3.72	4.01	2.92	2.54	2.59	3.03
FALL-----	342	25.16	3.21	2.37	2.69	3.43	3.78	2.85	2.44	2.51	2.94
WINTER-----	345	25.81	3.03	2.24	2.55	3.39	3.69	2.70	2.33	2.37	2.76
UNDER 1,000-----	58	3.19	1.67	1.12	1.38	1.82	1.98	1.53	1.20	1.25	1.58
1,000-1,999-----	143	6.92	1.86	1.24	1.58	2.01	2.11	1.72	1.37	1.39	1.74
2,000-2,999-----	123	5.65	2.57	1.77	2.14	2.72	2.91	2.30	1.83	1.92	2.40
3,000-3,999-----	179	9.67	2.86	2.05	2.39	3.14	3.38	2.54	2.13	2.18	2.62
4,000-4,999-----	176	8.23	3.65	2.69	3.03	3.93	4.28	3.19	2.79	2.84	3.30
5,000-5,999-----	300	16.42	3.52	2.58	2.89	3.90	4.23	3.02	2.60	2.72	3.21
6,000-6,999-----	189	10.12	3.67	2.72	3.01	4.08	4.45	3.15	2.76	2.84	3.30
7,000-7,999-----	172	9.38	3.49	2.65	2.95	3.96	4.32	3.09	2.71	2.78	3.21
8,000-8,999-----	142	7.66	3.31	2.51	2.80	3.76	4.13	2.95	2.53	2.63	3.08
9,000-9,999-----	115	5.90	3.20	2.43	2.73	3.61	3.94	2.89	2.54	2.54	2.90
10,000-14,999-----	230	12.85	3.58	2.79	3.10	4.08	4.46	3.26	2.89	2.91	3.32
15,000 AND OVER----	81	4.01	3.13	2.37	2.72	3.59	3.95	2.91	2.46	2.51	2.97
URBAN											
ALL HOUSEHOLDS, YEAR-	1,584	100.00	3.10	2.29	2.60	3.43	3.74	2.75	2.37	2.42	2.84
SPRING-----	796	25.19	3.05	2.27	2.58	3.44	3.74	2.73	2.32	2.40	2.85
SUMMER-----	252	23.92	3.24	2.39	2.71	3.60	3.90	2.85	2.46	2.52	2.95
FALL-----	261	24.78	3.17	2.34	2.65	3.38	3.73	2.81	2.42	2.47	2.89
WINTER-----	275	26.11	2.96	2.19	2.48	3.30	3.61	2.63	2.28	2.31	2.68
UNDER 1,000-----	45	3.02	1.69	1.13	1.37	1.83	2.03	1.52	1.21	1.25	1.57
1,000-1,999-----	111	6.96	1.62	1.06	1.38	1.75	1.82	1.52	1.20	1.20	1.51
2,000-2,999-----	85	4.85	2.48	1.68	2.05	2.59	2.77	2.20	1.73	1.83	2.30
3,000-3,999-----	133	9.40	2.72	1.93	2.24	2.98	3.21	2.39	2.00	2.06	2.48
4,000-4,999-----	116	7.13	3.54	2.56	2.88	3.70	4.07	3.04	2.67	2.70	3.13
5,000-5,999-----	229	16.26	3.46	2.54	2.84	3.83	4.16	2.97	2.57	2.67	3.15
6,000-6,999-----	151	10.29	3.64	2.69	2.99	4.03	4.40	3.12	2.73	2.82	3.27
7,000-7,999-----	141	9.61	3.41	2.59	2.89	3.87	4.23	3.03	2.66	2.71	3.13
8,000-8,999-----	112	7.94	3.21	2.43	2.71	3.63	3.99	2.86	2.46	2.54	2.98
9,000-9,999-----	100	6.45	3.18	2.42	2.71	3.59	3.92	2.86	2.51	2.53	2.89
10,000-14,999-----	190	13.85	3.55	2.77	3.08	4.04	4.42	3.23	2.87	2.89	3.28
15,000 AND OVER----	61	4.24	3.03	2.29	2.63	3.46	3.82	2.82	2.38	2.42	2.86

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 1.-- NUMBER AND PERCENT OF HOUSEHOLDS
AND AVERAGE HOUSEHOLD SIZE--CONTINUED

WEST

BY ORGANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	HOUSEHOLDS		HOUSEHOLD SIZE								
	ACTUAL NUMBER	WEIGHTED PERCENT ‡	EQUIV- ALENT PERSONS ‡	EQUIVALENT NUTRITION UNITS ‡							
				FOOD ENERGY	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	ASCORBIC ACID
(1)	(2A)	(2B)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
RURAL NONFARM											
ALL HOUSEHOLDS, YEAR-	182	100.00	3.55	2.66	3.02	4.03	4.34	3.17	2.71	2.81	3.35
SPRING-----	89	24.18	3.65	2.70	3.04	4.14	4.41	3.18	2.76	2.85	3.35
SUMMER-----	28	22.83	3.67	2.83	3.18	4.43	4.63	3.33	2.94	2.96	3.48
FALL-----	35	28.53	3.35	2.45	2.82	3.59	3.98	2.99	2.47	2.61	3.16
WINTER-----	30	24.46	3.58	2.71	3.09	4.07	4.40	3.23	2.72	2.87	3.45
UNDER 3,000-----	43	24.78	2.73	1.95	2.34	3.02	3.21	2.51	2.03	2.11	2.62
3,000-4,999-----	45	28.36	3.83	2.91	3.36	4.33	4.62	3.51	2.99	3.09	3.65
5,000-6,999-----	48	27.46	3.83	2.83	3.12	4.29	4.71	3.28	2.83	2.96	3.51
7,000-9,999-----	25	14.63	4.16	3.15	3.43	4.75	5.12	3.56	3.14	3.28	3.85
10,000 AND OVER----	8	4.78	4.66	3.61	3.93	5.28	5.83	4.03	3.49	3.77	4.46
RURAL FARM											
ALL HOUSEHOLDS, YEAR-	279	100.00	3.78	2.90	3.30	4.33	4.65	3.45	2.99	3.04	3.54
SPRING-----	142	25.68	3.96	3.03	3.42	4.49	4.82	3.55	3.04	3.18	3.75
SUMMER-----	51	27.67	3.96	3.08	3.48	4.69	4.97	3.65	3.27	3.22	3.66
FALL-----	46	24.95	3.78	2.90	3.28	4.28	4.65	3.43	2.93	3.04	3.57
WINTER-----	40	21.70	3.33	2.51	2.94	3.73	4.03	3.11	2.65	2.66	3.10
UNDER 3,000-----	40	12.96	3.11	2.27	2.70	3.35	3.65	2.88	2.31	2.43	2.99
3,000-4,999-----	61	23.05	3.93	3.02	3.39	4.55	4.83	3.54	3.20	3.15	3.55
5,000-6,999-----	61	23.43	4.01	3.03	3.43	4.54	4.86	3.55	3.06	3.19	3.76
7,000-9,999-----	51	19.62	3.92	3.09	3.50	4.61	4.92	3.66	3.24	3.23	3.68
10,000 AND OVER----	52	20.95	3.73	2.90	3.30	4.33	4.68	3.46	2.97	3.04	3.56

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

WEST

ALL URBANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL *	PERCENT OF TOTAL MEALS AT HOME												
		TOTAL 20 YEARS AND OVER	MEN					WOMEN						
			TOTAL	20-34 YEARS	35-54 YEARS	55-74 YEARS	75 YEARS AND OVER	TOTAL *	20-34 YEARS		35-54 YEARS		55-74 YEARS	75 YEARS AND OVER
									PREGNANT	OTHER	PREGNANT	OTHER		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
ALL HOUSEHOLDS, YEAR-	100.0	57.3	25.3	7.7	10.6	6.0	1.0	32.0	.4	9.5	.1	12.5	7.1	2.2
SPRING-----	100.0	57.0	25.1	7.4	10.5	5.9	1.3	31.9	.5	8.7	.1	12.6	7.2	2.7
SUMMER-----	100.0	56.4	25.4	8.3	9.6	6.3	1.2	31.0	.4	9.2	.0	11.6	7.5	2.0
FALL-----	100.0	57.6	25.0	7.7	11.1	5.2	1.0	32.6	.2	10.2	.2	12.9	6.9	2.1
WINTER-----	100.0	58.2	25.7	7.3	11.3	6.5	.7	32.5	.4	10.0	.1	12.8	7.0	2.2
UNDER 1,000-----	100.0	68.0	13.4	3.5	2.1	7.2	.6	54.6	.0	5.8	.0	15.2	26.0	7.6
1,000-1,999-----	100.0	72.0	23.3	3.8	4.4	7.5	7.6	48.7	1.0	5.4	.0	6.7	20.6	15.0
2,000-2,999-----	100.0	68.8	28.9	8.6	3.8	14.2	2.3	39.9	.2	7.6	.0	8.7	17.4	5.4
3,000-3,999-----	100.0	61.0	27.3	8.9	6.7	9.4	2.3	33.7	.7	8.2	.1	10.5	11.6	2.2
4,000-4,999-----	100.0	54.3	23.9	8.2	8.8	5.7	1.1	30.4	.4	10.1	.0	10.9	6.7	2.1
5,000-5,999-----	100.0	53.0	24.7	8.8	9.7	5.6	.5	28.3	.4	10.1	.2	10.4	6.1	1.1
6,000-6,999-----	100.0	52.6	24.8	9.5	9.9	4.9	.5	27.8	.2	11.4	.2	11.3	4.3	.5
7,000-7,999-----	100.0	53.8	25.7	7.7	13.5	4.2	.3	28.1	.7	9.4	.1	13.3	3.1	1.2
8,000-8,999-----	100.0	56.1	25.7	7.7	13.0	4.7	.2	30.4	.0	9.7	.1	16.5	3.4	.7
9,000-9,999-----	100.0	59.2	27.7	9.1	11.6	6.7	.2	31.5	.5	10.9	.1	12.9	6.3	.4
10,000-14,999-----	100.0	54.1	24.9	5.3	15.7	3.6	.2	29.2	.2	8.9	.2	16.1	3.1	.6
15,000 AND OVER----	100.0	60.9	25.2	3.4	15.2	5.1	1.5	35.7	.0	7.8	.0	18.8	6.5	2.6

	TOTAL UNDER 20 YEARS (16)	PERCENT OF TOTAL MEALS AT HOME												
		BOYS 9-19 YEARS				GIRLS 9-19 YEARS				CHILDREN UNDER 9 YEARS				
		9-11	12-14	15-17	18-19	TOTAL *	9-11	12-14	15-17	18-19	UNDER 1	1-2	3-5	6-8
		(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)	(25)	(26)	(27)	(28)	(29)
ALL HOUSEHOLDS, YEAR-	42.7	3.4	3.4	2.9	1.0	9.9	2.6	3.3	2.1	1.7	2.8	4.7	6.9	7.6
SPRING-----	43.0	3.3	3.8	3.0	1.4	10.6	3.0	3.6	2.5	1.4	2.7	4.1	6.3	7.6
SUMMER-----	43.6	2.6	3.5	3.5	1.2	9.7	2.6	3.0	1.9	1.9	2.9	5.1	6.0	7.2
FALL-----	42.3	4.0	3.3	2.2	.6	9.7	2.6	3.3	2.0	1.5	3.0	4.5	6.0	8.5
WINTER-----	41.8	3.8	2.8	2.9	.9	9.7	2.0	3.5	2.0	2.2	2.7	5.0	6.8	7.2
UNDER 1,000-----	32.0	4.1	1.5	1.5	2.1	6.1	.4	2.8	2.8	.1	4.6	1.1	3.7	7.1
1,000-1,999-----	28.0	3.4	1.4	2.0	1.5	4.9	.3	1.6	1.7	1.4	1.4	3.7	4.7	5.0
2,000-2,999-----	31.2	.8	1.7	1.0	.2	7.0	2.0	2.6	1.8	.4	2.9	6.2	6.2	5.3
3,000-3,999-----	39.0	3.7	2.6	1.7	.7	8.0	2.0	2.5	.9	2.0	3.8	5.8	6.3	6.5
4,000-4,999-----	45.7	2.6	3.3	2.8	1.0	10.4	3.4	2.0	2.7	2.0	2.7	4.6	9.0	8.6
5,000-5,999-----	47.0	3.3	2.3	2.9	1.0	9.5	3.6	3.3	1.5	1.0	3.9	6.3	8.5	9.3
6,000-6,999-----	47.4	2.7	5.2	1.6	.7	9.0	2.2	3.1	2.2	1.4	3.2	4.7	10.5	9.7
7,000-7,999-----	46.3	3.8	3.8	2.7	1.4	10.9	3.0	4.2	1.8	2.0	2.5	5.7	6.5	9.0
8,000-8,999-----	43.9	4.6	4.0	3.4	1.0	10.5	2.4	5.5	1.3	1.4	3.5	4.7	6.5	5.7
9,000-9,999-----	40.8	4.7	3.6	3.5	1.1	9.2	1.5	2.1	2.0	3.5	4.0	4.9	3.4	6.4
10,000-14,999-----	45.9	4.8	4.1	5.2	.9	12.3	2.9	4.1	3.6	1.7	1.1	3.7	6.3	7.4
15,000 AND OVER----	39.2	1.9	4.1	4.3	.8	14.0	3.9	5.6	3.0	1.6	2.4	1.4	4.4	5.8

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

WEST
WEST

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL #	PERCENT OF TOTAL MEALS AT HOME												
		TOTAL 20 YEARS AND OVER	MEN					WOMEN						
			TOTAL	20-34 YEARS	35-54 YEARS	55-74 YEARS	75 YEARS AND OVER	TOTAL #	20-34 YEARS		35-54 YEARS		55-74 YEARS	75 YEARS AND OVER
									PREGNANT	OTHER	PREGNANT	OTHER		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
ALL HOUSEHOLDS, YEAR-	100.0	57.5	25.0	7.8	10.5	5.7	1.0	32.5	.3	9.9	.1	12.7	7.0	2.3
SPRING-----	100.0	57.6	24.9	7.4	10.3	6.0	1.2	32.7	.5	8.9	.2	12.9	7.3	2.8
SUMMER-----	100.0	57.5	25.5	8.5	9.7	6.1	1.2	32.0	.3	9.9	.0	11.6	7.7	2.3
FALL-----	100.0	57.0	24.3	7.6	11.0	4.8	.8	32.7	.2	10.2	.2	13.5	6.4	1.9
WINTER-----	100.0	58.1	25.4	7.7	10.8	6.2	.7	32.7	.2	10.6	.1	12.9	6.6	2.3
UNDER 1,000-----	100.0	64.8	9.7	3.8	1.7	4.2	.0	55.1	.0	6.7	.0	17.6	24.3	6.5
1,000-1,999-----	100.0	75.6	21.4	2.6	3.4	7.8	7.6	54.2	.0	5.1	.0	7.4	23.1	18.6
2,000-2,999-----	100.0	70.6	30.0	9.5	2.8	14.9	2.8	40.6	.3	9.1	.0	7.2	16.6	6.6
3,000-3,999-----	100.0	60.0	25.4	9.0	5.5	8.6	2.4	34.6	.5	8.8	.1	10.2	12.7	1.9
4,000-4,999-----	100.0	52.8	22.5	9.2	6.9	5.5	.8	30.3	.4	10.5	.0	11.2	6.1	1.9
5,000-5,999-----	100.0	53.4	24.5	9.4	8.9	5.6	.6	28.9	.4	10.2	.2	10.5	6.4	1.2
6,000-6,999-----	100.0	53.3	25.3	9.8	9.8	5.1	.5	28.0	.2	11.4	.3	11.2	4.3	.6
7,000-7,999-----	100.0	54.6	25.8	7.2	13.8	4.5	.2	28.8	.5	9.6	.1	13.7	3.2	1.4
8,000-8,999-----	100.0	57.4	25.9	7.4	13.2	5.1	.2	31.5	.0	10.0	.1	17.0	3.5	.9
9,000-9,999-----	100.0	58.8	27.6	9.5	11.6	6.2	.2	31.2	.5	10.7	.1	13.2	5.8	.4
10,000-14,999-----	100.0	54.2	24.8	5.0	16.1	3.5	.2	29.4	.2	8.9	.2	16.3	3.1	.6
15,000 AND OVER----	100.0	61.6	25.6	3.8	14.9	5.3	1.7	35.0	.0	8.4	.0	18.7	5.1	2.8

	TOTAL UNDER 20 YEARS (16)	PERCENT OF TOTAL MEALS AT HOME												
		BOYS 9-19 YEARS				GIRLS 9-19 YEARS				CHILDREN UNDER 9 YEARS				
		9-11	12-14	15-17	18-19	TOTAL #	9-11	12-14	15-17	18-19	UNDER 1	1-2	3-5	6-8
		(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)	(25)	(26)	(27)	(28)	(29)
ALL HOUSEHOLDS, YEAR-	42.5	3.4	3.4	2.7	1.0	9.6	2.3	3.3	2.1	1.9	3.0	4.7	7.0	7.5
SPRING-----	42.4	3.3	3.9	2.8	1.5	10.6	3.1	3.5	2.5	1.4	2.6	3.9	6.1	7.7
SUMMER-----	42.6	2.5	3.1	3.4	1.2	8.3	2.3	2.3	1.6	2.0	3.2	5.2	6.3	7.3
FALL-----	43.0	3.9	3.5	2.3	.7	10.0	2.2	3.7	2.3	1.6	3.4	4.6	6.6	8.0
WINTER-----	41.9	3.9	3.0	2.5	.7	9.6	1.4	3.5	2.0	2.5	2.9	5.2	7.0	7.1
UNDER 1,000-----	35.2	4.7	1.8	1.6	2.5	4.9	.5	1.0	3.4	.0	5.6	1.4	4.5	8.1
1,000-1,999-----	24.4	3.0	1.2	1.7	1.9	5.0	.0	1.1	2.1	1.7	1.5	3.2	4.9	2.0
2,000-2,999-----	29.4	.5	1.7	.6	.3	4.8	1.4	1.7	1.1	.5	3.9	7.1	5.7	3.7
3,000-3,999-----	40.0	3.9	3.0	1.4	.3	8.1	1.7	2.8	.5	2.1	4.1	6.1	7.0	6.1
4,000-4,999-----	47.2	3.3	2.7	1.3	.8	10.0	2.3	2.1	2.5	2.6	3.2	4.9	11.3	9.7
5,000-5,999-----	46.6	3.1	2.3	3.1	1.0	9.2	3.1	3.4	1.5	1.2	4.2	6.2	8.5	9.2
6,000-6,999-----	46.7	2.0	5.0	1.8	.7	8.6	1.8	3.1	2.2	1.4	3.2	4.8	10.8	9.8
7,000-7,999-----	45.4	3.9	4.0	2.3	1.5	11.1	2.7	4.3	1.7	2.3	2.6	5.2	5.9	8.9
8,000-8,999-----	42.6	3.8	4.1	3.5	1.0	9.8	2.1	4.8	1.5	1.5	3.5	5.2	6.0	5.6
9,000-9,999-----	41.3	4.9	3.6	3.4	1.1	8.8	1.4	2.2	2.0	3.2	4.2	5.0	3.5	6.7
10,000-14,999-----	45.8	4.9	4.1	5.2	1.0	12.7	2.8	4.3	3.7	1.8	1.1	3.8	6.2	7.0
15,000 AND OVER----	38.4	1.8	4.0	4.0	.7	14.1	4.0	5.3	3.2	1.6	2.6	1.3	3.9	6.1

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

WEST
WEST

WEST
RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL #	PERCENT OF TOTAL MEALS AT HOME												
		TOTAL 20 YEARS AND OVER	MEN					WOMEN						
			TOTAL	20-34 YEARS	35-54 YEARS	55-74 YEARS	75 YEARS AND OVER	TOTAL #	20-34 YEARS		35-54 YEARS		55-74 YEARS	75 YEARS AND OVER
									PREGNANT	OTHER	PREGNANT	OTHER		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
ALL HOUSEHOLDS, YEAR-	100.0	55.4	26.1	7.6	10.4	6.8	1.3	29.3	.8	8.1	.0	10.0	8.3	2.0
SPRING-----	100.0	53.1	24.8	8.1	10.4	4.8	1.6	28.3	.6	8.5	.0	10.5	6.5	2.2
SUMMER-----	100.0	48.8	23.9	8.1	6.7	7.4	1.5	24.9	1.0	5.9	.0	10.2	7.7	.1
FALL-----	100.0	62.0	28.9	9.0	10.2	7.6	2.2	33.1	.0	11.0	.0	8.4	10.3	3.6
WINTER-----	100.0	56.8	26.6	5.3	14.1	7.2	*	30.2	1.8	6.7	.0	11.1	8.0	2.0
UNDER 3,000-----	100.0	63.7	26.7	6.3	5.7	10.7	4.0	37.0	1.8	4.0	.0	7.7	19.3	4.2
3,000-4,999-----	100.0	62.9	31.3	7.0	12.5	9.6	2.2	31.6	1.1	8.4	.0	9.8	6.7	3.7
5,000-6,999-----	100.0	48.0	23.2	5.9	13.0	4.2	.1	24.8	.0	10.8	.0	10.7	3.2	.1
7,000-9,999-----	100.0	46.6	22.7	12.0	8.2	2.4	.1	23.9	1.4	10.5	.0	8.2	3.7	.0
10,000 AND OVER----	100.0	46.6	20.1	8.5	11.6	.0	.1	26.5	.0	9.2	.0	13.3	3.9	.2

TOTAL UNDER 20 YEARS	PERCENT OF TOTAL MEALS AT HOME												
	BOYS 9-19 YEARS				GIRLS 9-19 YEARS					CHILDREN UNDER 9 YEARS			
	9-11	12-14	15-17	18-19	TOTAL +	9-11	12-14	15-17	18-19	UNDER 1	1-2	3-5	6-8
	(16)	(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)	(25)	(26)	(27)	(28)
-- 44.6	3.8	3.2	3.4	.8	11.8	4.8	3.9	1.8	.9	1.7	4.6	6.6	8.5
-- 46.9	4.2	3.7	4.1	.5	10.6	2.5	4.6	2.5	1.0	4.4	6.0	7.4	6.0
-- 51.2	2.9	5.4	2.9	1.8	18.8	4.7	7.9	2.6	1.7	1.0	4.6	6.6	7.2
-- 37.9	4.2	2.4	1.0	.0	7.2	5.3	.4	.7	.9	.0	4.2	6.7	12.3
-- 43.2	3.8	1.5	5.8	.8	11.4	6.9	3.1	1.4	.0	1.6	3.7	6.4	8.2
-- 36.2	2.9	1.9	2.0	.0	9.7	2.1	5.4	2.2	.0	.5	4.0	3.6	11.4
-- 37.1	1.1	3.0	5.6	2.1	9.2	5.5	.9	2.2	.6	2.3	3.5	4.0	6.4
-- 52.0	6.4	4.1	.7	.7	12.2	6.8	2.8	1.8	.8	2.6	6.5	9.0	9.8
-- 53.4	6.3	1.5	4.4	.0	12.9	4.1	7.0	.4	1.5	2.0	6.6	11.6	8.2
-- 53.3	4.1	4.1	6.9	.0	7.9	5.1	2.8	.0	.0	.0	2.6	13.3	14.5

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL #	PERCENT OF TOTAL MEALS AT HOME												
		TOTAL 20 YEARS AND OVER	MEN					WOMEN						
			TOTAL	20-34 YEARS	35-54 YEARS	55-74 YEARS	75 YEARS AND OVER	TOTAL #	20-34 YEARS		35-54 YEARS		55-74 YEARS	75 YEARS AND OVER
									PREGNANT	OTHER	PREGNANT	OTHER		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
ALL HOUSEHOLDS, YEAR-	100.0	58.6	30.0	5.0	15.2	8.5	1.3	28.6	.4	5.3	.0	15.2	6.6	1.0
SPRING-----	100.0	56.0	30.1	6.2	15.2	7.2	1.5	25.9	.5	6.1	.0	12.7	5.7	.8
SUMMER-----	100.0	54.8	28.4	4.0	15.7	7.6	1.1	26.4	.9	3.7	.0	15.6	4.8	1.4
FALL-----	100.0	58.3	29.3	5.8	14.7	7.8	1.1	29.0	.0	7.0	.0	14.4	7.1	.6
WINTER-----	100.0	68.1	33.1	3.7	15.2	12.4	1.7	35.0	.0	4.4	.0	19.0	10.2	1.4
UNDER 3,000-----	100.0	71.2	33.9	6.3	11.9	14.2	1.5	37.3	.5	6.8	.0	13.1	14.7	2.3
3,000-4,999-----	100.0	53.8	28.3	5.7	15.5	5.8	1.3	25.5	.0	4.9	.0	14.6	5.4	.7
5,000-6,999-----	100.0	54.7	27.8	6.1	12.7	7.4	1.6	26.9	1.3	6.9	.0	10.6	7.1	.9
7,000-9,999-----	100.0	58.3	31.4	3.0	19.5	7.2	1.7	26.9	.3	3.0	.0	17.6	5.3	1.1
10,000 AND OVER----	100.0	58.9	28.8	4.3	14.4	9.2	1.0	30.1	.0	5.5	.0	17.7	6.0	.9

TOTAL UNDER 20 YEARS	PERCENT OF TOTAL MEALS AT HOME												
	BOYS 9-19 YEARS				GIRLS 9-19 YEARS					CHILDREN UNDER 9 YEARS			
	9-11	12-14	15-17	18-19	TOTAL ‡	9-11	12-14	15-17	18-19	UNDER 1	1-2	3-5	6-8
	(16)	(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)	(25)	(26)	(27)	(28)
-- 41.5	3.2	4.1	4.2	1.6	10.7	3.0	3.6	3.1	.9	1.4	3.8	5.5	7.0
-- 44.0	2.0	3.7	3.9	1.5	10.7	3.2	4.9	1.5	1.0	1.4	3.9	7.8	9.3
-- 45.1	3.8	5.8	5.6	.3	14.0	4.5	3.3	5.6	.7	1.0	4.3	5.1	5.1
-- 41.6	5.5	2.8	4.9	1.0	9.1	3.1	3.5	1.4	1.1	1.8	3.3	5.5	7.0
-- 31.9	1.2	3.7	1.3	4.5	7.9	.6	2.5	3.9	1.0	1.5	3.5	2.8	5.6
-- 28.8	.9	1.0	3.1	.0	8.1	3.1	3.6	.5	.8	.5	3.8	5.5	6.0
-- 46.2	3.2	4.6	4.2	1.6	13.0	3.6	2.8	5.3	1.3	.7	6.6	5.5	6.3
-- 45.3	3.1	2.8	4.3	1.6	9.2	2.8	4.1	2.3	.0	1.8	4.2	9.2	8.9
-- 41.7	4.3	5.4	5.1	2.4	12.4	3.9	2.6	4.0	1.8	2.3	1.8	3.3	4.8
-- 41.1	4.4	5.5	4.7	1.2	11.0	2.5	5.2	2.8	.5	1.6	2.2	3.7	6.3

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 3.--NUTRITIVE VALUE OF DIETS
PER PERSON

WEST

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL URBANIZATIONS											
ALL HOUSEHOLDS, YEAR-	3,084	104.9	148.7	333.8	1,125	19.0	7,860	1.50	2.38	24.7	103
SPRING-----	3,133	108.0	151.6	335.9	1,116	19.4	7,910	1.54	2.40	25.0	105
SUMMER-----	3,049	102.0	148.2	328.1	1,082	18.2	7,940	1.45	2.34	24.4	104
FALL-----	3,239	109.6	155.7	353.7	1,178	20.0	8,350	1.57	2.47	25.8	103
WINTER-----	2,911	99.9	139.0	316.8	1,122	18.2	7,200	1.42	2.30	23.4	102
UNDER 1,000-----	3,209	107.0	146.3	373.4	1,072	21.4	8,350	1.61	2.44	25.8	108
1,000-1,999-----	2,850	96.0	133.0	323.6	950	18.2	7,990	1.37	2.17	23.0	95
2,000-2,999-----	2,999	105.9	137.3	337.7	1,121	19.1	9,000	1.55	2.40	25.5	110
3,000-3,999-----	2,959	98.0	141.7	327.7	1,065	19.1	7,890	1.48	2.23	24.0	92
4,000-4,999-----	2,951	99.2	137.7	334.4	1,040	18.6	6,920	1.46	2.21	23.4	92
5,000-5,999-----	3,001	101.1	144.1	328.8	1,081	18.4	7,460	1.49	2.31	23.5	92
6,000-6,999-----	3,078	103.0	147.5	339.8	1,108	19.2	8,060	1.45	2.33	24.0	102
7,000-7,999-----	3,330	114.5	160.9	358.9	1,266	20.2	8,080	1.61	2.60	27.0	107
8,000-8,999-----	3,194	108.8	157.9	335.1	1,194	19.0	7,590	1.52	2.45	25.6	106
9,000-9,999-----	3,176	106.6	158.6	333.7	1,147	19.2	7,590	1.50	2.38	25.5	107
10,000-14,999-----	3,099	107.8	148.9	328.8	1,197	18.9	8,360	1.51	2.53	25.0	111
15,000 AND OVER----	3,410	118.4	178.2	327.1	1,186	19.9	8,620	1.56	2.55	27.4	143

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 3.--NUTRITIVE VALUE OF DIETS
PER PERSON--CONTINUED

WEST

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
URBAN	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL HOUSEHOLDS, YEAR-	3,034	103.6	146.4	327.2	1,113	18.7	7,910	1.48	2.35	24.4	104
SPRING-----	3,105	107.9	150.6	330.9	1,115	19.2	8,150	1.53	2.40	24.9	107
SUMMER-----	2,979	100.6	145.0	318.0	1,075	17.8	7,940	1.42	2.30	24.1	102
FALL-----	3,197	107.9	153.0	351.1	1,166	19.8	8,490	1.55	2.45	25.6	106
WINTER-----	2,852	97.8	136.7	308.6	1,094	17.9	7,040	1.39	2.25	23.0	102
UNDER 1,000-----	3,119	102.3	141.6	366.3	1,032	20.7	8,940	1.56	2.39	25.0	115
1,000-1,999-----	2,654	93.3	122.7	300.2	938	17.4	8,820	1.27	2.09	22.6	94
2,000-2,999-----	2,833	98.9	127.8	324.2	1,041	18.4	9,190	1.52	2.29	24.1	116
3,000-3,999-----	2,876	95.2	136.9	320.0	1,035	18.8	8,020	1.44	2.17	23.7	94
4,000-4,999-----	2,870	97.2	134.2	323.2	1,035	17.8	7,070	1.41	2.18	22.7	85
5,000-5,999-----	2,936	99.4	140.7	321.2	1,064	18.2	7,400	1.47	2.27	23.3	93
6,000-6,999-----	3,053	102.2	146.8	335.6	1,093	19.1	8,010	1.45	2.31	23.9	102
7,000-7,999-----	3,258	112.7	156.4	352.5	1,256	19.8	7,970	1.57	2.56	26.3	107
8,000-8,999-----	3,199	109.4	158.4	334.1	1,197	19.1	7,670	1.53	2.46	25.7	107
9,000-9,999-----	3,169	106.2	158.7	332.2	1,148	18.9	7,690	1.48	2.38	25.3	106
10,000-14,999-----	3,075	107.1	147.3	326.4	1,182	18.7	8,300	1.50	2.50	25.1	112
15,000 AND OVER----	3,357	116.3	175.8	319.3	1,169	19.5	8,680	1.54	2.52	27.2	148
RURAL NONFARM											
ALL HOUSEHOLDS, YEAR-	3,298	110.2	157.3	365.5	1,175	20.1	7,390	1.61	2.49	25.8	97
SPRING-----	3,149	103.8	148.1	354.0	1,090	19.5	6,140	1.57	2.25	24.4	91
SUMMER-----	3,359	106.6	161.6	376.6	1,106	19.8	7,800	1.63	2.53	25.4	114
FALL-----	3,405	117.0	167.7	360.6	1,193	20.4	7,320	1.63	2.53	27.1	85
WINTER-----	3,271	112.7	151.1	371.6	1,305	20.5	8,320	1.61	2.62	26.0	97
UNDER 3,000-----	3,414	115.1	159.0	384.2	1,178	21.0	6,850	1.66	2.58	27.1	92
3,000-4,999-----	3,119	103.2	146.5	353.5	1,073	20.2	6,660	1.57	2.27	24.6	103
5,000-6,999-----	3,315	108.7	158.3	370.5	1,173	19.6	8,000	1.55	2.49	24.6	89
7,000-9,999-----	3,481	118.3	172.3	367.7	1,249	20.4	7,740	1.72	2.64	29.0	106
10,000 AND OVER----	3,257	118.2	167.0	327.7	1,480	19.3	8,190	1.71	2.84	22.6	88

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 3.—NUTRITIVE VALUE OF DIETS
PER PERSON--CONTINUED

WEST

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
RURAL FARM--ALL FOOD											
ALL HOUSEHOLDS, YEAR-	3,601	120.6	177.5	388.2	1,251	21.8	8,150	1.67	2.69	27.7	104
SPRING-----	3,677	121.8	183.0	392.6	1,204	22.2	8,010	1.72	2.69	27.8	104
SUMMER-----	3,682	119.4	178.8	408.1	1,151	22.4	8,410	1.71	2.62	28.5	109
FALL-----	3,667	126.7	180.8	390.5	1,431	22.2	8,490	1.68	2.90	28.0	91
WINTER-----	3,286	112.5	163.3	348.7	1,231	19.9	7,490	1.52	2.54	26.0	112
UNDER 3,000-----	3,841	130.7	194.0	402.9	1,279	23.4	7,380	1.72	2.67	29.0	110
3,000-4,999-----	3,621	119.9	176.5	397.3	1,237	22.3	7,680	1.74	2.76	28.0	93
5,000-6,999-----	3,386	115.5	163.1	371.5	1,249	20.0	7,870	1.60	2.65	25.7	104
7,000-9,999-----	3,575	114.2	175.8	391.5	1,235	22.2	7,950	1.64	2.56	27.0	102
10,000 AND OVER----	3,800	127.6	188.0	406.7	1,284	22.5	9,530	1.74	2.81	28.5	115
RURAL FARM--HOME-PRODUCED FOOD											
ALL HOUSEHOLDS, YEAR-	709	36.8	47.0	34.8	297	5.1	2,040	.28	.75	6.4	18
SPRING-----	691	37.6	46.8	29.6	288	5.1	1,910	.27	.75	6.0	14
SUMMER-----	628	32.7	40.9	33.2	234	5.0	2,060	.25	.63	6.1	22
FALL-----	824	42.6	55.1	39.5	378	5.4	2,500	.32	.89	7.2	19
WINTER-----	703	34.2	46.0	38.4	298	4.7	1,590	.26	.72	6.0	13
UNDER 3,000-----	1,036	53.8	68.0	52.8	325	8.1	1,980	.38	.91	9.8	26
3,000-4,999-----	810	41.9	53.2	41.4	397	5.6	3,160	.35	1.00	7.1	20
5,000-6,999-----	522	26.4	33.0	30.1	275	3.5	1,560	.20	.59	4.3	17
7,000-9,999-----	620	31.6	42.6	27.8	245	4.5	1,700	.24	.60	5.5	18
10,000 AND OVER----	699	37.7	47.1	30.9	208	5.4	1,700	.25	.63	6.7	11

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 4.--NUTRITIVE VALUE OF DIETS
PER NUTRITION UNIT

WEST

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	AVERAGE PER DAY							
	FOOD ENERGY	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBU- FLAVIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	CAL	G	MG	MG	IU	MG	MG	MG
ALL URBANIZATIONS								
ALL HOUSEHOLDS, YEAR--	4,157	124.7	1,013	15.7	8,830	1.96	3.04	112
SPRING-----	4,205	127.6	986	15.8	8,850	2.03	3.05	112
SUMMER-----	4,107	121.3	962	15.1	8,980	1.90	2.99	113
FALL-----	4,378	130.9	1,101	17.0	9,400	2.06	3.17	112
WINTER-----	3,930	116.8	1,004	14.9	8,080	1.85	2.94	112
UNDER 1,000-----	4,793	129.3	988	18.0	9,110	2.24	3.28	114
1,000-1,999-----	4,250	112.8	877	16.0	8,610	1.86	2.89	101
2,000-2,999-----	4,360	127.4	1,058	16.9	10,060	2.18	3.22	118
3,000-3,999-----	4,123	117.6	971	16.2	8,910	1.99	2.92	101
4,000-4,999-----	4,005	119.3	965	15.8	7,910	1.90	2.85	102
5,000-5,999-----	4,088	123.3	976	15.3	8,680	2.01	2.99	101
6,000-6,999-----	4,159	125.6	997	15.8	9,390	1.93	3.01	114
7,000-7,999-----	4,386	135.7	1,116	16.3	9,130	2.07	3.27	117
8,000-8,999-----	4,211	128.9	1,051	15.2	8,530	1.99	3.09	114
9,000-9,999-----	4,183	124.9	1,016	15.6	8,410	1.89	3.00	118
10,000-14,999-----	3,980	124.5	1,053	15.2	9,200	1.88	3.11	120
15,000 AND OVER----	4,492	136.3	1,031	15.7	9,280	1.98	3.18	151

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 4.--NUTRITIVE VALUE OF DIETS
PER NUTRITION UNIT--CONTINUED

WEST

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	AVERAGE PER DAY							
	FOOD ENERGY (2)	PROTEIN (3)	CALCIUM (4)	IRON (5)	VITAMIN A VALUE (6)	THIAMIN (7)	RIBO- FLAVIN (8)	ASCORBIC ACID (9)
	CAL	G	MG	MG	IU	MG	MG	MG
URBAN								
ALL HOUSEHOLDS, YEAR--	4,100	123.5	1,007	15.5	8,910	1.93	3.01	114
SPRING-----	4,170	127.3	987	15.7	9,080	2.01	3.05	114
SUMMER-----	4,041	120.3	968	14.8	9,030	1.87	2.96	112
FALL-----	4,323	129.1	1,092	16.9	9,570	2.03	3.13	116
WINTER-----	3,863	110.9	981	14.7	7,930	1.81	2.89	113
UNDER 1,000-----	4,661	125.6	951	17.2	9,920	2.18	3.22	124
1,000-1,999-----	4,070	109.9	872	15.5	9,420	1.72	2.82	101
2,000-2,999-----	4,181	120.1	997	16.5	10,370	2.19	3.11	125
3,000-3,999-----	4,049	115.4	945	15.9	9,110	1.96	2.87	103
4,000-4,999-----	3,967	119.5	987	15.5	8,230	1.86	2.86	96
5,000-5,999-----	4,005	121.2	962	15.1	8,620	1.98	2.94	103
6,000-6,999-----	4,131	124.7	987	15.8	9,350	1.93	2.98	114
7,000-7,999-----	4,292	133.2	1,107	16.0	8,960	2.02	3.22	117
8,000-8,999-----	4,233	129.5	1,059	15.3	8,610	2.00	3.12	116
9,000-9,999-----	4,172	124.8	1,019	15.4	8,560	1.88	2.99	117
10,000-14,999-----	3,949	123.6	1,039	15.1	9,120	1.85	3.08	121
15,000 AND OVER----	4,432	134.0	1,021	15.5	9,330	1.97	3.15	156
RURAL NONFARM								
ALL HOUSEHOLDS, YEAR--	4,399	129.6	1,034	16.4	8,260	2.11	3.14	102
SPRING-----	4,252	124.7	960	16.1	7,030	2.08	2.89	99
SUMMER-----	4,360	123.0	916	15.7	8,580	2.03	3.14	120
FALL-----	4,646	138.8	1,113	17.2	8,190	2.21	3.25	91
WINTER-----	4,320	130.7	1,148	16.7	9,220	2.11	3.27	101
UNDER 3,000-----	4,780	134.2	1,066	17.9	7,470	2.23	3.33	96
3,000-4,999-----	4,095	117.4	949	16.7	7,260	2.01	2.82	108
5,000-6,999-----	4,481	133.4	1,047	15.9	9,360	2.10	3.22	97
7,000-9,999-----	4,593	143.5	1,093	16.6	9,030	2.28	3.34	115
10,000 AND OVER----	4,208	140.0	1,306	15.4	9,460	2.29	3.51	92

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 4.--NUTRITIVE VALUE OF DIETS
PER NUTRITION UNIT--CONTINUED

WEST

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	AVERAGE PER DAY							
	FOOD ENERGY (2)	PROTEIN (3)	CALCIUM (4)	IRON (5)	VITAMIN A VALUE (6)	THIAMIN (7)	RIBO- FLAVIN (8)	ASCORBIC ACID (9)
RURAL FARM--ALL FOOD	CAL	G	MG	MG	IU	MG	MG	MG
ALL HOUSEHOLDS, YEAR--	4,693	138.1	1,092	17.8	8,920	2.11	3.34	111
SPRING-----	4,796	141.1	1,061	18.2	8,940	2.24	3.34	110
SUMMER-----	4,739	135.8	974	17.9	9,150	2.08	3.22	118
FALL-----	4,785	146.0	1,264	18.0	9,350	2.17	3.60	96
WINTER-----	4,349	127.1	1,100	16.4	8,000	1.92	3.18	121
UNDER 3,000-----	5,262	150.7	1,187	19.9	7,980	2.31	3.42	115
3,000-4,999-----	4,708	138.9	1,067	18.1	8,520	2.14	3.44	103
5,000-6,999-----	4,483	135.2	1,103	16.5	8,880	2.09	3.33	111
7,000-9,999-----	4,536	127.8	1,049	17.7	8,510	1.99	3.11	109
10,000 AND OVER----	4,883	144.1	1,105	17.9	10,250	2.18	3.45	120
RURAL FARM--HOME-PRODUCED FOOD								
ALL HOUSEHOLDS, YEAR--	923	42.1	259	4.1	2,230	.35	.93	19
SPRING-----	902	43.6	254	4.2	2,130	.36	.93	15
SUMMER-----	809	37.2	198	4.0	2,240	.30	.78	24
FALL-----	1,075	49.1	334	4.4	2,750	.41	1.11	20
WINTER-----	931	38.7	266	3.9	1,690	.33	.91	14
UNDER 3,000-----	1,419	62.0	302	6.9	2,140	.51	1.16	27
3,000-4,999-----	1,054	48.5	343	4.5	3,510	.43	1.24	22
5,000-6,999-----	690	30.9	243	2.9	1,760	.26	.74	18
7,000-9,999-----	786	35.3	208	3.6	1,820	.30	.73	20
10,000 AND OVER----	898	42.6	179	4.3	1,830	.32	.78	12

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

ALL ORGANIZATIONS

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,084	104.9	148.7	333.8	1,125	19.0	7,860	1.50	2.38	24.7	103
MILK, CREAM, CHEESE-----	433	23.4	23.4	32.4	722	.3	960	.18	.98	.7	6
MILK-----	277	16.1	13.5	23.0	546	.1	540	.14	.78	.5	5
CREAM, ICE CREAM-----	75	1.7	4.5	7.2	54	*	180	.02	.08	*	*
CHEESE-----	67	5.2	4.8	.8	108	.2	200	.01	.10	*	0
SOUP, MIXTURES-----	14	.5	.6	1.5	14	.1	50	.01	.02	.1	1
MEAT, POULTRY, FISH-----	675	42.5	54.3	.8	30	5.7	1,070	.30	.51	9.2	1
BEEF-----	310	20.7	24.6	*	12	3.1	40	.05	.17	3.9	0
BACON, SALT PORK-----	89	1.1	9.3	.1	2	.2	0	.02	.01	.2	0
OTHER PORK-----	97	5.1	8.3	*	3	.8	0	.14	.06	1.0	0
LIVER-----	4	.6	.1	.1	*	.2	800	*	.08	.3	1
LUNCHMEAT, FRANKFURTERS-----	70	3.2	6.1	.4	2	.5	50	.04	.06	.7	0
OTHER MEAT-----	20	1.7	1.4	*	1	.2	*	.01	.03	.4	*
POULTRY-----	56	6.9	2.9	*	4	.6	170	.02	.09	1.7	*
FISH, SHELLFISH-----	29	3.2	1.6	.1	6	.2	20	.01	.01	.9	*
OTHER PROTEIN FOOD-----	176	11.0	11.2	8.5	45	2.0	620	.10	.17	1.5	*
EGGS-----	76	6.0	5.4	.4	25	1.1	550	.04	.13	*	0
DRY LEGUMES-----	29	1.8	.3	5.0	11	.5	10	.02	.01	.2	*
NUTS, PEANUT BUTTER-----	55	2.1	4.8	1.7	6	.2	*	.02	.01	1.1	*
SOUP, MIXTURES-----	13	.7	.6	1.1	2	.1	50	.01	.01	.1	*
ALL VEGETABLES-----	183	5.9	2.9	36.5	68	2.6	3,470	.20	.16	2.9	43
POTATOES-----	84	1.8	1.9	15.3	7	.5	*	.06	.03	1.3	9
DARK GREEN-----	3	.3	*	.6	9	.2	520	.01	.01	.1	6
DEEP YELLOW-----	11	.2	*	2.6	6	.1	1,630	.01	.01	.1	1
TOMATOES-----	23	.8	.2	5.1	8	.5	650	.04	.03	.6	11
OTHER-----	56	2.5	.5	12.1	37	1.2	510	.08	.08	.8	16
SOUP, MIXTURES-----	6	.3	.2	.9	2	.1	150	*	*	.1	*
ALL FRUIT-----	143	1.5	.7	35.9	31	1.1	740	.11	.07	.8	47
CITRUS-----	38	.6	.1	9.4	16	.2	140	.06	.02	.3	36
OTHER VITAMIN C-RICH-----	4	.1	*	1.0	2	.1	230	*	*	.1	4
OTHER-----	101	.8	.5	25.4	14	.8	370	.05	.05	.5	7
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR 1965-1966 BY FOOD GROUP

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

ALL URBANIZATIONS

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	494	14.8	4.7	97.4	118	5.0	20	.54	.34	4.5	1
FLOUR-----	113	3.1	.5	23.3	21	.9	*	.11	.08	.9	0
CEREAL, PASTES-----	147	4.1	.9	30.6	27	2.1	10	.22	.10	1.5	*
BREAD-----	198	6.6	2.3	37.3	62	1.8	*	.19	.15	1.8	0
OTHER BAKERY PRODUCTS-----	37	1.0	.9	6.2	8	.2	10	.03	.02	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	245	4.5	7.7	40.0	41	.7	90	.05	.06	.6	*
FLOUR-----	35	.4	.9	6.5	11	.1	*	*	.01	*	*
CEREAL, PASTES-----	16	.4	.1	3.3	1	.1	*	.01	*	.1	*
BREAD-----	21	.7	.2	4.3	6	.1	*	.01	.01	.1	0
OTHER BAKERY PRODUCTS-----	143	2.2	5.3	21.8	18	.4	30	.02	.03	.3	*
SOUP, MIXTURES-----	28	.7	1.1	4.0	5	.1	50	.01	.01	.1	*
FATS, OILS-----	376	.3	41.8	1.2	7	*	830	*	*	*	*
BUTTER-----	49	*	5.6	*	1	.0	230	.00	.00	.0	0
MARGARINE-----	127	.1	14.3	.1	4	.0	580	.00	.00	.0	0
OIL, SALAD DRESSING-----	128	.1	14.0	.9	2	*	30	*	*	*	*
LARD-----	17	*	1.8	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	55	*	6.1	.2	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	297	.9	1.8	72.6	25	.6	50	.02	.02	.2	5
SUGAR, SIRUP, JELLY, CANDY-----	236	.6	1.7	56.8	20	.6	10	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	13	*	*	3.5	3	*	40	*	*	*	4
NO ADDED VITAMIN C-----	48	.3	.1	12.3	2	*	*	*	*	*	*
OTHER FOOD-----	62	.3	.2	8.5	37	.9	10	*	.05	4.2	0
ALCOHOLIC BEVERAGE-----	36	.1	.0	1.8	3	*	0	*	.01	.3	0
SOME NUTRITIVE VALUE-----	26	.2	.2	6.7	34	.8	10	*	.04	3.9	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

ALL ORGANIZATIONS

FOOD GROUP ‡	AVERAGE PER DAY											
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA-MIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID	
	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG	
ALL FOOD GROUPS-----	3,133	108.0	151.6	335.9	1,116	19.4	7,910	1.54	2.40	25.0	105	
MILK, CREAM, CHEESE-----	423	22.8	22.9	31.8	699	.4	940	.17	.95	.6	6	
MILK-----	264	15.4	12.8	22.0	522	*	510	.14	.75	.5	4	
CREAM, ICE CREAM-----	78	1.7	4.8	7.4	57	*	190	.02	.08	*	*	
CHEESE-----	67	5.2	4.7	.8	106	.2	190	*	.10	*	*	
SOUP, MIXTURES-----	13	.5	.5	1.5	14	*	50	.01	.02	.1	*	
MEAT, POULTRY, FISH-----	722	45.1	58.3	1.0	33	6.1	1,170	.34	.55	9.7	*	
BEEF-----	312	20.8	24.8	*	12	3.1	40	.06	.17	3.9	0	
BACON, SALT PORK-----	105	1.3	10.9	.2	2	.2	0	.03	.02	.2	0	
OTHER PORK-----	118	6.4	10.0	*	4	1.0	0	.17	.07	1.3	0	
LIVER-----	5	.7	.1	.2	*	.3	870	*	.09	.4	*	
LUNCHMEAT, FRANKFURTERS-----	77	3.5	6.6	.4	2	.6	60	.05	.06	.8	0	
OTHER MEAT-----	21	1.7	1.5	*	1	.2	*	*	.02	.4	*	
POULTRY-----	53	7.1	2.5	*	4	.7	180	.02	.10	1.7	*	
FISH, SHELLFISH-----	31	3.5	1.7	.1	7	.2	30	*	.02	.9	*	
OTHER PROTEIN FOOD-----	182	11.6	11.4	8.8	47	2.1	650	.10	.16	1.6	*	
EGGS-----	81	6.4	5.7	.4	27	1.1	590	.05	.14	*	0	
DRY LEGUMES-----	32	1.9	.3	5.3	11	.6	10	.03	.01	.2	*	
NUTS, PEANUT BUTTER-----	53	2.1	4.6	1.6	6	.2	*	.02	.01	1.1	*	
SOUP, MIXTURES-----	14	.8	.7	1.2	2	.1	40	*	*	.1	*	
ALL VEGETABLES-----	174	5.7	2.8	34.4	69	2.6	3,490	.19	.16	2.8	41	
POTATOES-----	80	1.7	1.8	14.5	7	.5	*	.06	.03	1.2	9	
DARK GREEN-----	4	.3	*	.6	11	.2	670	*	.02	*	5	
DEEP YELLOW-----	9	.2	*	2.1	6	.1	1,560	*	*	*	1	
TOMATOES-----	21	.7	.2	4.7	7	.5	600	.04	.02	.6	10	
OTHER-----	54	2.4	.5	11.6	37	1.2	530	.08	.08	.7	16	
SOUP, MIXTURES-----	7	.3	.2	.9	2	*	140	*	*	*	*	
ALL FRUIT-----	138	1.4	.6	34.7	34	1.1	670	.11	.07	.8	52	
CITRUS-----	41	.7	.1	10.0	18	.3	150	.07	.02	.3	32	
OTHER VITAMIN C-RICH-----	6	*	*	1.4	3	.1	190	*	*	*	7	
OTHER-----	92	.7	.4	23.2	13	.7	330	.04	.04	.5	6	
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

ALL URBANIZATIONS

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA-MIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	506	15.1	4.8	99.9	118	5.0	20	.55	.35	4.6	*
FLOUR-----	104	2.9	.4	21.6	18	.8	*	.10	.07	.9	0
CEREAL, PASTES-----	156	4.2	1.0	32.7	26	2.1	*	.23	.10	1.6	*
BREAD-----	204	6.8	2.4	38.4	64	1.9	*	.19	.15	1.9	0
OTHER BAKERY PRODUCTS-----	42	1.2	1.0	7.0	11	.3	20	.03	.03	.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	260	4.8	8.0	42.9	46	.8	80	.05	.06	.6	*
FLOUR-----	37	.5	.9	7.0	12	*	*	*	*	*	*
CEREAL, PASTES-----	18	.5	.1	3.7	*	*	*	*	*	*	0
BREAD-----	24	.8	.2	4.8	7	.1	*	.01	*	.1	0
OTHER BAKERY PRODUCTS-----	156	2.5	5.8	23.7	21	.4	30	.02	.03	.3	*
SOUP, MIXTURES-----	26	.7	1.0	3.6	5	.1	40	*	*	.1	*
FATS, OILS-----	367	.3	40.8	1.3	7	*	840	*	*	*	*
BUTTER-----	52	*	5.8	*	1	.0	240	.00	.00	.0	0
MARGARINE-----	125	.1	14.1	*	3	.0	570	.00	.00	.0	0
OIL, SALAD DRESSING-----	122	.1	13.4	1.0	2	*	30	*	*	*	*
LARD-----	17	*	1.9	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	51	*	5.6	.2	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	299	.9	1.8	73.2	25	.6	60	.01	.02	.2	4
SUGAR, SIRUP, JELLY, CANDY-----	237	.5	1.7	57.2	20	.5	*	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	12	*	*	3.1	3	*	50	*	*	*	4
NO ADDED VITAMIN C-----	50	.3	*	12.9	2	*	*	*	*	*	*
OTHER FOOD-----	61	.3	.2	8.2	38	.8	*	*	.05	4.1	0
ALCOHOLIC BEVERAGE-----	36	.1	.0	1.8	2	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	25	.2	.2	6.4	35	.8	*	*	.04	3.9	0

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

ALL URBANIZATIONS

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,049	102.0	148.2	328.1	1,082	18.2	7,940	1.45	2.34	24.4	104
MILK, CREAM, CHEESE-----	418	22.6	22.7	31.1	696	.3	920	.17	.94	.6	5
MILK-----	262	15.3	12.7	21.7	519	.1	510	.14	.74	.5	4
CREAM, ICE CREAM-----	80	1.8	4.7	7.9	58	*	180	.02	.08	*	1
CHEESE-----	69	5.3	4.9	.8	111	.2	200	.01	.10	*	0
SOUP, MIXTURES-----	8	.3	.4	.8	7	*	30	.01	.01	.1	*
MEAT, POULTRY, FISH-----	675	41.7	54.7	.9	29	5.6	1,100	.30	.51	9.1	1
BEEF-----	308	20.3	24.5	.0	12	3.0	40	.05	.16	3.9	0
BACON, SALT PORK-----	95	1.2	9.9	.1	2	.2	0	.02	.01	.2	0
OTHER PORK-----	89	4.9	7.6	*	3	.7	0	.13	.05	1.0	0
LIVER-----	4	.6	.1	.1	*	.2	820	*	.09	.3	1
LUNCHMEAT, FRANKFURTERS-----	77	3.5	6.7	.4	2	.6	70	.05	.07	.8	0
OTHER MEAT-----	18	1.4	1.4	*	1	.2	*	.01	.03	.4	*
POULTRY-----	50	6.1	2.7	*	4	.6	150	.02	.08	1.5	0
FISH, SHELLFISH-----	33	3.7	1.9	.1	6	.2	30	.01	.02	1.0	*
OTHER PROTEIN FOOD-----	157	10.1	9.7	7.7	42	1.8	590	.08	.16	1.4	*
EGGS-----	72	5.7	5.1	.4	24	1.0	520	.04	.13	*	0
DRY LEGUMES-----	28	1.7	.3	4.8	10	.5	10	.02	.01	.2	*
NUTS, PEANUT BUTTER-----	42	1.7	3.7	1.3	5	.2	*	.01	.01	1.0	*
SOUP, MIXTURES-----	11	.6	.5	.9	2	.1	50	.01	.01	.1	*
ALL VEGETABLES-----	190	6.0	3.5	37.1	67	2.6	3,010	.21	.17	3.0	46
POTATOES-----	88	1.8	2.4	15.4	8	.6	*	.07	.03	1.3	9
DARK GREEN-----	4	.3	.1	.7	7	.2	510	.01	.01	.1	7
DEEP YELLOW-----	6	.1	*	1.5	4	.1	1,120	.01	.01	.1	1
TOMATOES-----	24	.9	.3	5.2	8	.5	700	.04	.03	.6	13
OTHER-----	62	2.7	.6	13.5	38	1.3	550	.08	.09	.8	16
SOUP, MIXTURES-----	6	.3	.2	.8	1	.1	140	*	*	.1	*
ALL FRUIT-----	139	1.6	.6	35.0	30	1.1	1,350	.11	.08	1.0	45
CITRUS-----	30	.5	.1	7.4	10	.2	110	.05	.01	.2	28
OTHER VITAMIN C-RICH-----	6	.1	*	1.5	3	.1	570	.01	.01	.1	7
OTHER-----	103	1.0	.5	26.1	17	.9	670	.05	.06	.6	10
MIXTURES-----	*	*	*	.1	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

SUMMER 1965 BY FOOD GROUP

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

ALL URBANIZATIONS

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	470	14.0	4.3	92.7	112	4.5	20	.52	.34	4.4	*
FLOUR-----	112	3.1	.5	23.2	21	.9	*	.11	.08	.9	0
CEREAL, PASTES-----	138	3.8	.8	28.8	24	1.7	10	.21	.10	1.5	*
BREAD-----	191	6.4	2.3	36.0	60	1.8	0	.18	.14	1.8	0
OTHER BAKERY PRODUCTS-----	28	.7	.7	4.7	7	.2	10	.02	.02	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	241	4.5	7.7	39.0	41	.7	80	.05	.06	.6	*
FLOUR-----	29	.3	.8	5.4	9	*	*	*	.01	*	0
CEREAL, PASTES-----	12	.3	.1	2.5	1	*	*	.01	*	.1	*
BREAD-----	23	.7	.2	4.5	6	.1	*	.01	.01	.1	0
OTHER BAKERY PRODUCTS-----	147	2.3	5.6	22.4	19	.4	30	.02	.03	.3	*
SOUP, MIXTURES-----	28	.8	1.1	4.0	6	.1	40	.01	.01	.1	*
FATS, OILS-----	388	.3	43.3	1.1	7	*	830	*	*	*	*
BUTTER-----	49	*	5.5	*	1	.0	220	.00	.00	.0	0
MARGARINE-----	126	.1	14.2	.1	4	.0	580	.00	.00	.0	0
OIL, SALAD DRESSING-----	136	.1	15.0	.9	2	*	30	*	*	*	*
LARD-----	18	*	2.0	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	60	*	6.7	.1	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	303	.8	1.4	75.0	22	.6	50	.02	.02	.2	6
SUGAR, SIRUP, JELLY, CANDY-----	228	.5	1.3	55.6	17	.5	10	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	20	*	*	5.3	4	*	40	*	*	*	5
NO ADDED VITAMIN C-----	55	.4	.1	14.1	2	*	*	*	*	*	*
OTHER FOOD-----	67	.3	.2	8.4	35	.8	10	.01	.06	4.2	0
ALCOHOLIC BEVERAGE-----	43	.2	.0	2.2	3	*	0	*	.02	.3	0
SOME NUTRITIVE VALUE-----	25	.1	.2	6.2	32	.8	10	.01	.04	3.8	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

ALL ORGANIZATIONS

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,239	109.6	155.7	353.7	1,178	20.0	8,350	1.57	2.47	25.8	103
MILK, CREAM, CHEESE-----	459	24.5	25.1	34.1	761	.4	1,030	.19	1.03	.7	6
MILK-----	294	16.8	14.5	24.3	573	.1	580	.15	.82	.5	5
CREAM, ICE CREAM-----	77	1.7	4.7	7.3	55	*	190	.02	.08	*	*
CHEESE-----	72	5.4	5.2	.7	118	.2	210	.01	.10	*	0
SUUP, MIXTURES-----	15	.6	.6	1.8	16	.1	50	.01	.03	.1	1
MEAT, POULTRY, FISH-----	697	44.6	55.7	.8	31	5.9	1,080	.30	.53	9.8	1
BEEF-----	326	21.8	25.8	*	13	3.3	40	.06	.18	4.2	0
BACON, SALT PORK-----	83	1.0	8.6	.1	2	.1	0	.02	.01	.2	0
OTHER PORK-----	101	5.1	8.7	*	3	.8	0	.14	.06	1.0	0
LIVER-----	4	.6	.1	.1	*	.2	790	*	.08	.3	1
LUNCHMEAT, FRANKFURTERS-----	65	3.0	5.7	.4	2	.5	40	.04	.05	.7	0
OTHER MEAT-----	22	2.1	1.4	*	1	.2	*	.01	.03	.5	*
POULTRY-----	70	8.3	3.9	*	5	.7	190	.02	.10	2.1	*
FISH, SHELLFISH-----	25	2.8	1.4	.1	5	.1	20	.01	.01	.8	*
OTHER PROTEIN FOOD-----	184	11.0	12.1	8.5	45	2.0	610	.10	.17	1.6	*
EGGS-----	75	6.0	5.3	.4	25	1.1	540	.04	.13	*	0
DRY LEGUMES-----	27	1.7	.3	4.7	10	.5	10	.02	.01	.2	*
NUTS, PEANUT BUTTER-----	65	2.4	5.8	1.9	8	.3	*	.03	.02	1.2	*
SUUP, MIXTURES-----	13	.6	.6	1.2	2	.1	50	.01	.01	.1	*
ALL VEGETABLES-----	193	6.1	3.0	38.7	73	2.8	4,030	.21	.17	3.1	47
POTATOES-----	88	1.9	2.0	16.2	8	.6	*	.07	.03	1.4	10
DARK GREEN-----	4	.3	.1	.7	10	.2	550	.01	.02	.1	6
DEEP YELLOW-----	16	.3	.1	3.7	8	.2	2,150	.01	.01	.1	2
TOMATOES-----	25	.9	.3	5.5	8	.6	710	.04	.03	.7	12
OTHER-----	55	2.5	.5	11.9	37	1.2	480	.07	.07	.7	16
SUUP, MIXTURES-----	5	.2	.1	.8	1	.1	140	*	*	.1	*
ALL FRUIT-----	156	1.4	.6	39.4	28	1.1	560	.11	.07	.8	43
CITRUS-----	36	.6	.1	8.8	13	.2	140	.06	.02	.3	34
OTHER VITAMIN C-RICH-----	3	*	*	.7	1	*	160	*	*	*	2
OTHER-----	117	.8	.5	29.9	15	.9	270	.05	.05	.5	7
MIXTURES-----	*	*	*	.1	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

ALL ORGANIZATIONS

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	527	15.8	4.9	103.9	122	5.5	20	.57	.36	4.8	*
FLOUR-----	139	3.9	.6	28.8	23	1.1	*	.13	.10	1.2	0
CEREAL, PASTES-----	152	4.4	1.1	31.3	29	2.3	10	.22	.10	1.6	*
BREAD-----	198	6.7	2.3	37.3	63	1.8	0	.19	.15	1.8	0
OTHER BAKERY PRODUCTS-----	38	.9	.9	6.5	7	.2	*	.03	.02	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	252	4.5	8.0	41.0	41	.7	120	.05	.06	.6	*
FLOUR-----	37	.5	1.0	6.8	11	.1	*	*	.01	*	0
CEREAL, PASTES-----	19	.5	.2	3.9	1	.1	*	.01	*	.1	0
BREAD-----	21	.7	.2	4.3	6	.1	*	.01	.01	.1	0
OTHER BAKERY PRODUCTS-----	142	2.2	5.4	21.6	17	.4	30	.02	.03	.2	*
SOUP, MIXTURES-----	32	.7	1.3	4.4	6	.1	90	.01	.01	.1	*
FATS, OILS-----	393	.3	43.8	1.2	7	*	830	*	*	*	*
BUTTER-----	53	*	6.0	*	1	.0	250	.00	.00	.0	0
MARGARINE-----	123	.1	13.8	.1	3	.0	560	.00	.00	.0	0
OIL, SALAD DRESSING-----	136	.1	15.0	.9	2	*	20	*	*	*	*
LARD-----	20	.0	2.3	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	61	*	6.8	.3	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	318	1.1	2.2	76.8	30	.7	60	.02	.03	.2	5
SUGAR, SIRUP, JELLY, CANDY-----	259	.7	2.1	61.7	24	.7	10	.02	.03	.2	*
OTHER SWEETS--											
ADDED VITAMIN C-----	12	*	*	3.1	5	*	50	*	*	*	4
NO ADDED VITAMIN C-----	47	.3	.1	12.0	1	*	*	*	*	*	*
OTHER FOOD-----	60	.3	.2	9.2	40	.9	10	.01	.06	4.3	0
ALCOHOLIC BEVERAGE-----	31	.1	.0	1.7	2	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	29	.2	.2	7.5	38	.9	10	.01	.04	4.1	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

DUE

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TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

ALL ORGANIZATIONS

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	2,911	99.9	139.0	316.8	1,122	18.2	7,200	1.42	2.30	23.4	102
MILK, CREAM, CHEESE-----	432	23.5	23.1	32.7	732	.3	960	.18	1.00	.7	6
MILK-----	287	16.8	13.9	23.9	571	.1	560	.15	.82	.5	5
CREAM, ICE CREAM-----	64	1.4	3.8	6.1	46	*	150	.01	.07	*	*
CHEESE-----	62	4.8	4.4	.7	99	.2	180	.01	.09	*	0
SOUP, MIXTURES-----	19	.5	.9	1.9	17	.1	70	.01	.03	.1	1
MEAT, POULTRY, FISH-----	604	38.5	48.4	.7	27	5.2	960	.26	.46	8.4	1
BEEF-----	295	19.7	23.3	*	11	2.9	30	.05	.16	3.7	0
BACON, SALT PORK-----	73	.9	7.6	.1	1	.1	0	.02	.01	.2	0
OTHER PORK-----	79	4.1	6.8	*	2	.6	0	.11	.05	.8	0
LIVER-----	4	.5	.1	.1	*	.2	710	*	.07	.3	1
LUNCHMEAT, FRANKFURTERS-----	60	2.7	5.3	.3	2	.4	40	.04	.05	.6	J
OTHER MEAT-----	17	1.5	1.2	*	1	.2	*	.01	.02	.4	*
POULTRY-----	50	6.2	2.6	*	4	.6	150	.02	.08	1.6	*
FISH, SHELLFISH-----	25	2.8	1.5	.1	5	.2	20	.01	.01	.8	*
OTHER PROTEIN FOOD-----	181	11.2	11.5	8.9	46	2.0	620	.10	.17	1.7	*
EGGS-----	76	6.0	5.4	.4	25	1.1	550	.04	.13	*	0
DRY LEGUMES-----	30	1.8	.3	5.2	10	.6	10	.03	.01	.2	*
NUTS, PEANUT BUTTER-----	58	2.3	5.1	1.8	7	.2	*	.02	.01	1.2	*
SOUP, MIXTURES-----	13	.7	.6	1.2	2	.1	50	.01	.01	.1	*
ALL VEGETABLES-----	175	5.7	2.4	35.6	64	2.5	3,320	.19	.15	2.8	40
POTATOES-----	78	1.8	1.5	15.0	7	.5	*	.06	.03	1.3	9
DARK GREEN-----	2	.2	*	.4	7	.1	370	.01	.01	.1	4
DEEP YELLOW-----	13	.3	.1	2.9	6	.1	1,670	.01	.01	.1	2
TOMATOES-----	23	.7	.2	5.0	7	.5	600	.04	.02	.6	10
OTHER-----	52	2.3	.4	11.3	35	1.1	500	.07	.07	.7	14
SOUP, MIXTURES-----	7	.3	.2	1.0	2	.1	180	*	*	.1	*
ALL FRUIT-----	138	1.4	.8	34.2	33	1.0	380	.12	.07	.7	50
CITRUS-----	47	.8	.1	11.5	22	.3	180	.08	.03	.3	44
OTHER VITAMIN C-RICH-----	1	*	*	.3	*	*	10	*	*	*	1
OTHER-----	90	.6	.7	22.4	11	.7	200	.04	.04	.4	6
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

ALL ORGANIZATIONS

FOOD GROUP #	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	474	14.2	4.7	93.0	119	5.0	20	.51	.32	4.3	1
FLOUR-----	94	2.6	.5	19.5	21	.8	*	.09	.07	.8	0
CEREAL, PASTES-----	142	4.0	.9	29.5	28	2.2	10	.21	.08	1.4	*
BREAD-----	199	6.7	2.4	37.4	63	1.8	*	.19	.15	1.8	0
OTHER BAKERY PRODUCTS-----	39	1.0	1.0	6.6	8	.2	10	.03	.02	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	225	4.2	7.0	36.9	37	.7	70	.04	.05	.6	*
FLOUR-----	37	.4	1.0	6.8	11	.1	*	*	.01	*	0
CEREAL, PASTES-----	15	.4	.1	3.2	1	.1	*	.01	*	.1	0
BREAD-----	17	.5	.1	3.4	5	.1	*	.01	.01	.1	0
OTHER BAKERY PRODUCTS-----	128	2.1	4.7	19.6	16	.3	30	.02	.03	.2	*
SOUP, MIXTURES-----	28	.7	1.1	3.9	4	.1	40	.01	.01	.1	*
FATS, OILS-----	353	.3	39.3	1.2	7	*	830	*	*	*	*
BUTTER-----	43	*	4.9	*	1	.0	200	.00	.00	.0	0
MARGARINE-----	134	.1	15.0	.1	4	.0	610	.00	.00	.0	0
OIL, SALAD DRESSING-----	117	.1	12.8	.9	2	*	20	*	*	*	*
LARD-----	11	*	1.2	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	49	*	5.4	.1	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	268	.9	1.6	65.4	23	.6	40	.02	.02	.2	4
SUGAR, SIRUP, JELLY, CANDY-----	218	.5	1.5	52.5	19	.6	10	.01	.02	.2	*
OTHER SWEETS--											
ADDED VITAMIN C-----	10	*	*	2.5	2	*	30	*	*	*	3
NO ADDED VITAMIN C-----	41	.3	.1	10.4	1	*	*	*	*	*	*
OTHER FOOD-----	60	.3	.1	8.3	34	.8	10	*	.05	4.2	0
ALCOHOLIC BEVERAGE-----	35	.1	.0	1.6	2	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	26	.1	.1	6.7	32	.8	10	*	.04	3.9	0

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

URBAN

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,034	103.6	146.4	327.2	1,113	18.7	7,910	1.48	2.35	24.4	104
MILK, CREAM, CHEESE-----	430	23.2	23.3	32.2	715	.3	960	.18	.97	.7	6
MILK-----	272	15.7	13.2	22.6	535	.1	530	.14	.77	.5	5
CREAM, ICE CREAM-----	75	1.7	4.5	7.2	54	*	180	.02	.08	*	*
CHEESE-----	69	5.3	4.9	.8	111	.2	200	.01	.10	*	0
SOUP, MIXTURES-----	15	.5	.6	1.6	15	.1	50	.01	.02	.1	1
MEAT, POULTRY, FISH-----	666	42.0	53.6	.8	30	5.7	1,140	.30	.51	9.2	1
BEEF-----	307	20.3	24.4	*	12	3.0	40	.05	.17	3.9	0
BACON, SALT PORK-----	85	1.1	8.9	.1	2	.2	0	.02	.01	.2	0
OTHER PORK-----	96	5.1	8.2	*	3	.8	0	.14	.06	1.0	0
LIVER-----	5	.7	.1	.2	*	.3	860	*	.09	.4	1
LUNCHMEAT, FRANKFURTERS-----	70	3.2	6.1	.4	2	.5	60	.04	.06	.7	0
OTHER MEAT-----	20	1.7	1.4	*	1	.2	*	.01	.02	.4	*
POULTRY-----	55	6.8	2.8	*	4	.6	160	.02	.09	1.7	*
FISH, SHELLFISH-----	29	3.2	1.6	.1	6	.2	20	.01	.01	.9	*
OTHER PROTEIN FOOD-----	174	10.7	11.1	8.3	44	1.9	600	.10	.17	1.6	*
EGGS-----	74	5.8	5.2	.4	24	1.0	530	.04	.13	*	0
DRY LEGUMES-----	27	1.7	.3	4.7	10	.5	10	.02	.01	.2	*
NUTS, PEANUT BUTTER-----	55	2.1	4.9	1.7	6	.2	*	.02	.01	1.1	*
SOUP, MIXTURES-----	13	.7	.6	1.2	2	.1	50	.01	.01	.1	*
ALL VEGETABLES-----	179	5.8	3.0	35.4	68	2.6	3,490	.20	.16	2.9	43
POTATOES-----	81	1.7	1.9	14.5	7	.5	*	.06	.03	1.3	9
DARK GREEN-----	3	.3	.1	.6	9	.2	560	.01	.02	.1	5
DEEP YELLOW-----	11	.2	*	2.5	6	.1	1,610	.01	.01	.1	1
TOMATOES-----	23	.8	.2	5.0	8	.5	650	.04	.03	.6	11
OTHER-----	55	2.5	.5	11.8	37	1.2	510	.08	.08	.8	15
SOUP, MIXTURES-----	6	.3	.2	.9	2	.1	150	*	*	.1	*
ALL FRUIT-----	144	1.5	.7	36.1	32	1.1	750	.12	.07	.8	49
CITRUS-----	40	.6	.1	9.8	16	.2	150	.07	.02	.3	38
OTHER VITAMIN C-RICH-----	4	.1	*	1.0	2	.1	240	*	*	.1	4
OTHER-----	100	.8	.5	25.2	14	.8	360	.04	.05	.5	7
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

URBAN

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBU-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	475	14.3	4.6	93.5	115	4.9	20	.52	.33	4.4	1
FLOUR-----	98	2.7	.5	20.3	19	.8	*	.09	.07	.8	0
CEREAL, PASTES-----	147	4.1	.9	30.5	27	2.1	10	.22	.10	1.6	*
BREAD-----	192	6.5	2.3	36.2	61	1.8	*	.18	.14	1.8	0
OTHER BAKERY PRODUCTS-----	38	1.0	.9	6.5	9	.2	10	.03	.03	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	249	4.6	7.9	40.7	42	.8	90	.05	.06	.6	*
FLOUR-----	35	.4	.9	6.4	11	.1	*	*	.01	*	*
CEREAL, PASTES-----	16	.4	.1	3.3	1	.1	*	.01	*	.1	*
BREAD-----	23	.7	.2	4.6	7	.1	*	.01	.01	.1	0
OTHER BAKERY PRODUCTS-----	145	2.3	5.4	22.1	18	.4	30	.02	.03	.3	*
SOUP, MIXTURES-----	30	.7	1.2	4.2	5	.1	50	.01	.01	.1	*
FATS, OILS-----	362	.3	40.4	1.2	7	*	810	*	*	*	*
BUTTER-----	49	*	5.6	*	1	.0	230	.00	.00	.0	0
MARGARINE-----	122	.1	13.7	.1	3	.0	560	.00	.00	.0	0
OIL, SALAD DRESSING-----	130	.1	14.2	.9	2	*	30	*	*	*	*
LARD-----	11	*	1.3	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	50	*	5.6	.2	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	289	.9	1.7	70.5	25	.6	40	.02	.02	.2	4
SUGAR, SIRUP, JELLY, CANDY-----	227	.6	1.7	54.6	20	.5	10	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	13	*	*	3.4	3	*	40	*	*	*	4
NO ADDED VITAMIN C-----	49	.3	.1	12.5	2	*	*	*	*	*	*
OTHER FOOD-----	65	.3	.2	8.6	35	.9	10	*	.05	4.2	0
ALCOHOLIC BEVERAGE-----	39	.1	.0	1.9	3	*	0	*	.01	.3	0
SOME NUTRITIVE VALUE-----	26	.1	.2	6.6	33	.8	10	*	.04	3.9	0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

URBAN

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA-MIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,105	107.9	150.6	330.9	1,115	19.2	8,150	1.53	2.40	24.9	107
MILK, CREAM, CHEESE-----	422	22.9	22.7	31.8	702	.4	940	.17	.95	.6	6
MILK-----	265	15.4	12.8	22.1	523	*	510	.14	.75	.5	4
CREAM, ICE CREAM-----	77	1.7	4.6	7.4	56	*	190	.02	.08	*	*
CHEESE-----	68	5.3	4.8	.8	109	.2	200	*	.10	*	0
SOUP, MIXTURES-----	13	.5	.5	1.5	14	*	50	.01	.02	.1	*
MEAT, POULTRY, FISH-----	724	45.3	58.3	1.0	33	6.1	1,260	.34	.56	9.8	*
BEEF-----	313	20.7	24.8	*	12	3.1	40	.05	.17	3.9	0
BACON, SALT PORK-----	103	1.3	10.7	.1	2	.2	0	.02	.02	.2	0
OTHER PORK-----	118	6.4	10.0	*	4	1.0	0	.17	.07	1.3	0
LIVER-----	5	.7	.2	.2	*	.3	960	*	.10	.4	*
LUNCHMEAT, FRANKFURTERS-----	77	3.5	6.7	.4	2	.6	60	.05	.07	.8	*
OTHER MEAT-----	23	1.8	1.7	*	2	.2	*	*	.03	.4	*
POULTRY-----	53	7.1	2.5	*	4	.7	170	.02	.10	1.7	*
FISH, SHELLFISH-----	32	3.6	1.7	.2	7	.2	30	*	.02	1.0	*
OTHER PROTEIN FOOD-----	178	11.3	11.3	8.4	46	2.0	640	.10	.18	1.5	*
EGGS-----	80	6.3	5.6	.4	26	1.1	580	.04	.14	*	*
DRY LEGUMES-----	29	1.8	.3	5.0	10	.5	10	.02	.01	.2	*
NUTS, PEANUT BUTTER-----	52	2.1	4.6	1.6	6	.2	*	.02	.01	1.1	*
SOUP, MIXTURES-----	13	.8	.6	1.1	2	.1	40	*	*	.1	*
ALL VEGETABLES-----	172	5.7	2.8	34.1	70	2.6	3,620	.19	.16	2.8	42
POTATOES-----	77	1.6	1.8	13.9	7	.5	*	.06	.03	1.2	8
DARK GREEN-----	4	.3	*	.7	12	.2	730	*	.02	*	5
DEEP YELLOW-----	9	.2	*	2.2	6	.1	1,610	*	*	*	1
TOMATOES-----	22	.7	.2	4.8	7	.5	620	.04	.03	.6	1
OTHER-----	54	2.4	.5	11.6	38	1.2	530	.08	.08	.8	16
SOUP, MIXTURES-----	6	.3	.2	.9	2	*	130	*	*	*	*
ALL FRUIT-----	138	1.5	.6	34.7	34	1.1	700	.11	.07	.8	54
CITRUS-----	42	.7	.1	10.3	18	.3	150	.07	.02	.3	40
OTHER VITAMIN C-RICH-----	6	.1	*	1.5	3	.1	210	*	*	*	7
OTHER-----	90	.7	.4	22.9	13	.7	330	.04	.04	.5	6
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

URBAN

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA-MIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	494	14.8	4.8	97.3	117	4.9	30	.54	.34	4.5	*
FLOUR-----	89	2.5	.4	18.4	17	.7	*	.09	.06	.7	0
CEREAL, PASTES-----	159	4.3	1.0	33.3	25	2.0	*	.23	.10	1.6	*
BREAD-----	203	6.8	2.4	38.3	64	1.9	0	.19	.15	1.9	0
OTHER BAKERY PRODUCTS-----	43	1.2	1.0	7.2	11	.3	20	.03	.03	.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	265	4.9	8.2	43.5	46	.8	80	.05	.06	.7	*
FLOUR-----	35	.4	.8	6.5	11	*	*	*	*	*	*
CEREAL, PASTES-----	18	.5	.1	3.6	*	*	*	*	*	*	*
BREAD-----	25	.8	.2	5.1	8	.1	*	.01	*	.1	0
OTHER BAKERY PRODUCTS-----	160	2.5	6.0	24.4	21	.4	40	.02	.03	.3	*
SOUP, MIXTURES-----	26	.7	1.0	3.7	5	.1	40	*	*	.1	*
FATS, OILS-----	359	.3	40.0	1.2	7	*	840	*	*	*	*
BUTTER-----	52	*	5.8	*	1	.0	240	.00	.00	.0	*
MARGARINE-----	125	.1	14.1	*	3	.0	570	.00	.00	.0	*
OIL, SALAD DRESSING-----	125	.1	13.7	.9	2	*	30	*	*	*	*
LARD-----	9	*	1.0	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	48	*	5.3	.2	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	290	.9	1.8	70.8	25	.5	50	.01	.02	.2	4
SUGAR, SIRUP, JELLY, CANDY-----	229	.5	1.7	55.0	20	.5	*	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	11	*	*	2.9	3	*	40	*	*	*	3
NO ADDED VITAMIN C-----	50	.3	*	12.9	2	*	*	*	*	*	*
OTHER FOOD-----	63	.3	.2	8.2	36	.8	*	*	.05	4.1	0
ALCOHOLIC BEVERAGE-----	38	.1	.0	1.8	3	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	25	.2	.2	6.4	33	.6	*	*	.04	3.8	0

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

URBAN

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	2,979	100.6	145.0	318.0	1,075	17.8	7,940	1.42	2.30	24.1	102
MILK, CREAM, CHEESE-----	418	22.7	22.6	31.2	695	.3	920	.17	.94	.6	5
MILK-----	259	15.1	12.5	21.5	513	.1	500	.13	.74	.5	4
CREAM, ICE CREAM-----	81	1.8	4.8	8.1	60	*	180	.02	.09	*	1
CHEESE-----	70	5.5	5.0	.8	113	.2	200	.01	.10	*	0
SOUP, MIXTURES-----	9	.3	.4	.9	8	*	30	.01	.01	.1	*
MEAT, POULTRY, FISH-----	662	41.2	53.5	.9	29	5.5	1,090	.29	.50	9.0	1
BEEF-----	304	19.8	24.3	.0	12	3.0	40	.05	.16	3.8	0
BACON, SALT PORK-----	88	1.1	9.2	.1	2	.2	0	.02	.01	.2	0
OTHER PORK-----	88	4.9	7.4	*	3	.7	0	.13	.05	1.0	0
LIVER-----	4	.6	.1	.1	*	.3	810	*	.09	.3	1
LUNCHMEAT, FRANKFURTERS-----	74	3.4	6.5	.4	2	.5	80	.05	.07	.8	0
OTHER MEAT-----	19	1.5	1.4	*	1	.1	*	.01	.02	.4	*
POULTRY-----	51	6.1	2.7	.0	4	.6	140	.02	.08	1.5	0
FISH, SHELLFISH-----	34	3.8	1.9	.1	6	.2	30	.01	.02	1.1	*
OTHER PROTEIN FOOD-----	155	10.0	9.6	7.6	40	1.8	570	.08	.16	1.4	*
EGGS-----	70	5.6	4.9	.4	23	1.0	510	.04	.12	*	0
DRY LEGUMES-----	27	1.6	.3	4.7	10	.5	10	.02	.01	.2	*
NUTS, PEANUT BUTTER-----	42	1.7	3.7	1.3	5	.2	*	.01	.01	1.0	*
SOUP, MIXTURES-----	12	.7	.6	.9	2	.1	50	.01	.01	.1	*
ALL VEGETABLES-----	186	5.9	3.6	35.9	67	2.6	3,060	.20	.17	2.9	43
POTATOES-----	86	1.7	2.5	14.8	7	.5	*	.06	.03	1.3	7
DARK GREEN-----	3	.3	.1	.6	8	.2	550	.01	.01	.1	5
DEEP YELLOW-----	7	.1	*	1.6	4	.1	1,150	.01	.01	.1	1
TOMATOES-----	23	.8	.3	5.1	8	.5	690	.04	.03	.6	12
OTHER-----	60	2.6	.6	13.0	39	1.2	550	.08	.09	.8	16
SOUP, MIXTURES-----	6	.3	.2	.9	1	.1	130	*	*	.1	*
ALL FRUIT-----	138	1.6	.5	34.7	30	1.1	1,330	.11	.08	1.0	46
CITRUS-----	32	.5	.1	7.7	11	.2	120	.05	.01	.2	29
OTHER VITAMIN C-RICH-----	6	.1	*	1.5	3	.1	570	.01	.01	.1	7
OTHER-----	100	.9	.4	25.4	16	.9	640	.05	.06	.6	10
MIXTURES-----	*	*	*	.1	*	*	*	*	*	*	*

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

URBAN

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	439	13.1	4.2	86.4	109	4.3	20	.49	.32	4.2	*
FLOUR-----	90	2.5	.5	18.6	20	.7	*	.09	.06	.8	0
CEREAL, PASTES-----	136	3.8	.8	28.5	25	1.7	10	.21	.10	1.6	*
BREAD-----	183	6.1	2.2	34.4	57	1.7	0	.17	.14	1.7	0
OTHER BAKERY PRODUCTS-----	29	.8	.7	4.9	7	.2	10	.02	.02	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	249	4.7	8.0	40.3	43	.8	80	.05	.06	.6	*
FLOUR-----	29	.3	.8	5.5	9	*	*	*	.01	*	0
CEREAL, PASTES-----	13	.3	.1	2.8	1	.1	*	.01	*	.1	*
BREAD-----	24	.8	.2	4.9	7	.1	*	.01	.01	.1	0
OTHER BAKERY PRODUCTS-----	151	2.4	5.7	23.0	19	.4	30	.02	.03	.3	*
SOUP, MIXTURES-----	29	.8	1.1	4.0	6	.1	40	.01	.01	.1	*
FATS, OILS-----	371	.3	41.4	1.0	7	*	810	*	*	*	*
BUTTER-----	48	*	5.4	*	1	.0	220	.00	.00	.0	0
MARGARINE-----	122	.1	13.8	.1	3	.0	560	.00	.00	.0	0
OIL, SALAD DRESSING-----	140	.1	15.4	.8	2	*	30	*	*	*	*
LARD-----	9	*	1.0	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	52	*	5.9	.1	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	288	.8	1.3	71.4	22	.5	40	.01	.02	.1	5
SUGAR, SIRUP, JELLY, CANDY-----	213	.4	1.2	52.0	16	.5	10	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	19	*	*	5.1	4	*	30	*	*	*	5
NO ADDED VITAMIN C-----	56	.4	.1	14.4	2	*	*	*	*	*	*
OTHER FOOD-----	72	.3	.2	8.6	33	.9	10	.01	.00	4.2	0
ALCOHOLIC BEVERAGE-----	48	.2	.0	2.5	3	*	0	*	.02	.3	0
SOME NUTRITIVE VALUE-----	25	.1	.2	6.1	30	.8	10	.01	.04	3.9	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

URBAN

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,197	107.9	153.0	351.1	1,166	19.8	8,490	1.55	2.45	25.6	106
MILK, CREAM, CHEESE-----	454	24.2	24.8	33.9	750	.4	1,030	.18	1.01	.7	6
MILK-----	287	16.4	14.1	23.7	557	.1	570	.15	.80	.5	5
CREAM, ICE CREAM-----	78	1.7	4.8	7.4	56	*	190	.02	.08	*	*
CHEESE-----	72	5.5	5.3	.8	120	.2	210	.01	.10	*	0
SOUP, MIXTURES-----	17	.6	.7	2.0	18	.1	50	.01	.03	.1	1
MEAT, POULTRY, FISH-----	683	43.7	54.6	.8	30	5.9	1,170	.30	.53	9.6	1
BEEF-----	323	21.6	25.5	*	13	3.2	40	.06	.18	4.1	0
BACON, SALT PORK-----	80	1.0	8.4	.1	2	.1	0	.02	.01	.2	0
OTHER PORK-----	99	5.1	8.6	*	3	.8	0	.14	.06	1.0	0
LIVER-----	5	.7	.1	.2	*	.3	880	*	.09	.4	1
LUNCHMEAT, FRANKFURTERS-----	65	3.0	5.7	.3	2	.5	50	.04	.05	.7	0
OTHER MEAT-----	19	1.7	1.3	*	1	.2	*	.01	.02	.4	*
POULTRY-----	67	7.9	3.6	*	5	.7	180	.02	.10	2.0	*
FISH, SHELLFISH-----	25	2.7	1.4	.1	5	.1	20	.01	.01	.8	*
OTHER PROTEIN FOOD-----	183	10.7	12.3	8.1	43	1.9	590	.10	.17	1.7	*
EGGS-----	72	5.7	5.1	.4	24	1.0	520	.04	.13	*	0
DRY LEGUMES-----	24	1.4	.2	4.1	9	.4	10	.02	.01	.1	*
NUTS, PEANUT BUTTER-----	69	2.5	6.2	2.0	8	.3	*	.03	.02	1.3	*
SOUP, MIXTURES-----	14	.7	.7	1.3	2	.1	60	.01	.01	.1	*
ALL VEGETABLES-----	188	6.1	3.0	37.4	73	2.8	4,110	.21	.17	3.0	47
POTATOES-----	83	1.8	2.0	15.0	7	.5	*	.06	.03	1.3	9
DARK GREEN-----	4	.3	.1	.7	11	.2	600	.01	.02	.1	6
DEEP YELLOW-----	16	.3	.1	3.7	8	.2	2,140	.01	.01	.1	2
TOMATOES-----	25	.9	.3	5.4	8	.6	710	.04	.03	.6	12
OTHER-----	55	2.5	.5	11.8	37	1.2	500	.08	.08	.7	16
SOUP, MIXTURES-----	6	.3	.2	.8	1	.1	160	*	*	.1	*
ALL FRUIT-----	161	1.4	.6	40.7	30	1.2	580	.12	.07	.8	46
CITRUS-----	39	.6	.1	9.6	14	.2	150	.07	.02	.3	37
OTHER VITAMIN C-RICH-----	3	*	*	.7	1	*	170	*	*	*	2
OTHER-----	119	.8	.5	30.4	15	.9	250	.05	.05	.5	7
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

URBAN

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	514	15.4	4.9	101.2	121	5.4	20	.56	.35	4.7	*
FLOUR-----	127	3.5	.6	26.3	21	1.0	*	.12	.09	1.1	0
CEREAL, PASTES-----	152	4.4	1.0	31.5	30	2.4	10	.23	.10	1.6	*
BREAD-----	193	6.5	2.3	36.4	61	1.8	0	.18	.14	1.8	0
OTHER BAKERY PRODUCTS-----	41	1.0	1.0	7.1	8	.2	10	.03	.02	.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	258	4.6	8.3	41.9	42	.8	120	.05	.06	.6	*
FLOUR-----	38	.5	1.0	7.0	11	.1	*	*	.01	*	0
CEREAL, PASTES-----	18	.4	.2	3.6	1	.1	*	.01	*	.1	0
BREAD-----	23	.8	.2	4.7	7	.1	*	.01	.01	.1	0
OTHER BAKERY PRODUCTS-----	143	2.2	5.4	21.8	17	.4	30	.02	.03	.3	0
SOUP, MIXTURES-----	35	.8	1.4	4.8	6	.1	90	.01	.01	.1	*
FATS, OILS-----	377	.3	42.0	1.2	7	*	810	*	*	*	*
BUTTER-----	57	*	6.4	*	2	.0	260	.00	.00	.0	0
MARGARINE-----	114	.1	12.8	.1	3	.0	520	.00	.00	.0	0
OIL, SALAD DRESSING-----	135	.1	14.8	.9	2	*	20	*	*	*	*
LARD-----	17	.0	1.9	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	55	*	6.1	.3	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	317	1.1	2.2	76.5	30	.7	60	.02	.03	.2	5
SUGAR, SIRUP, JELLY, CANDY-----	255	.7	2.1	60.7	24	.6	10	.02	.03	.2	*
OTHER SWEETS--											
ADDED VITAMIN C-----	12	*	*	3.2	5	*	50	*	*	*	4
NO ADDED VITAMIN C-----	50	.4	.1	12.6	1	*	*	*	*	*	*
OTHER FOOD-----	62	.3	.1	9.3	39	.9	10	.01	.06	4.2	0
ALCOHOLIC BEVERAGE-----	33	.1	.0	1.8	2	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	29	.2	.1	7.5	36	.9	10	.01	.04	4.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

URBAN

FOOD GROUP #	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	2,852	97.8	136.7	308.6	1,094	17.9	7,050	1.39	2.25	23.0	102
MILK, CREAM, CHEESE-----	425	22.9	22.9	31.9	714	.3	960	.18	.97	.7	6
MILK-----	276	16.1	13.4	22.9	547	.1	540	.14	.79	.5	5
CREAM, ICE CREAM-----	64	1.4	3.8	6.1	45	*	160	.01	.07	*	*
CHEESE-----	65	4.9	4.6	.7	103	.2	190	.01	.09	*	0
SOUP, MIXTURES-----	21	.6	1.0	2.1	19	.1	70	.01	.03	.1	1
MEAT, POULTRY, FISH-----	597	37.9	47.9	.7	27	5.1	1,020	.26	.46	8.3	1
BEEF-----	289	19.2	23.0	*	11	2.9	30	.05	.16	3.6	0
BACON, SALT PORK-----	70	.9	7.3	.1	1	.1	0	.02	.01	.2	0
OTHER PORK-----	80	4.1	6.9	*	2	.6	0	.12	.05	.8	0
LIVER-----	4	.6	.1	.1	*	.2	790	*	.08	.3	1
LUNCHMEAT, FRANKFURTERS-----	62	2.8	5.4	.3	2	.4	40	.04	.05	.6	0
OTHER MEAT-----	19	1.7	1.3	*	1	.2	*	.01	.02	.4	*
POULTRY-----	48	6.0	2.5	*	4	.5	140	.01	.08	1.5	*
FISH, SHELLFISH-----	24	2.7	1.4	.1	6	.2	20	.01	.01	.8	*
OTHER PROTEIN FOOD-----	179	10.9	11.2	9.1	45	2.0	600	.10	.17	1.6	*
EGGS-----	73	5.7	5.1	.4	24	1.0	530	.04	.13	*	0
DRY LEGUMES-----	30	1.8	.3	5.2	11	.6	10	.03	.01	.2	*
NUTS, PEANUT BUTTER-----	57	2.2	5.0	1.8	7	.2	*	.02	.01	1.2	*
SOUP, MIXTURES-----	14	.7	.6	1.4	2	.1	60	.01	.01	.1	*
ALL VEGETABLES-----	170	5.5	2.5	34.2	61	2.4	3,160	.18	.15	2.7	38
POTATOES-----	76	1.7	1.5	14.4	7	.5	*	.06	.03	1.2	9
DARK GREEN-----	2	.2	*	.4	7	.1	370	.01	.01	.1	4
DEEP YELLOW-----	11	.2	*	2.6	6	.1	1,530	.01	.01	.1	2
TOMATOES-----	23	.7	.2	4.9	7	.5	590	.04	.02	.6	10
OTHER-----	50	2.2	.4	10.8	34	1.1	490	.07	.07	.7	14
SOUP, MIXTURES-----	7	.3	.2	1.0	2	.1	180	*	*	.1	*
ALL FRUIT-----	138	1.4	.8	34.1	34	1.0	390	.12	.07	.7	52
CITRUS-----	48	.8	.1	11.9	23	.3	180	.08	.03	.3	46
OTHER VITAMIN C-RICH-----	1	*	*	.2	*	*	10	*	*	*	*
OTHER-----	89	.6	.7	21.9	11	.7	200	.04	.04	.4	6
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

URBAN

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	454	13.6	4.6	89.0	113	4.9	20	.49	.31	4.1	1
FLOUR-----	86	2.3	.4	17.7	18	.7	*	.08	.06	.7	0
CEREAL, PASTES-----	139	3.9	.9	28.8	27	2.2	10	.20	.08	1.4	*
BREAD-----	190	6.4	2.2	35.8	60	1.7	*	.18	.14	1.7	0
OTHER BAKERY PRODUCTS-----	40	1.0	1.0	6.8	8	.2	10	.03	.03	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	225	4.2	7.0	36.9	37	.7	70	.04	.05	.6	*
FLOUR-----	37	.4	1.0	6.7	11	.1	*	*	.01	*	0
CEREAL, PASTES-----	16	.4	.1	3.3	1	.1	*	.01	*	.1	0
BREAD-----	18	.6	.1	3.6	5	.1	*	.01	.01	.1	0
OTHER BAKERY PRODUCTS-----	124	2.0	4.5	19.1	15	.3	30	.02	.03	.2	*
SOUP, MIXTURES-----	30	.7	1.2	4.2	5	.1	40	.01	.01	.1	*
FATS, OILS-----	341	.3	38.0	1.2	7	*	790	*	*	*	*
BUTTER-----	42	*	4.7	*	1	.0	190	.00	.00	.0	0
MARGARINE-----	125	.1	14.1	.1	3	.0	570	.00	.00	.0	0
OIL, SALAD DRESSING-----	118	.1	12.9	.9	2	*	20	*	*	*	*
LARD-----	11	*	1.2	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	45	*	5.1	.1	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	261	.9	1.6	63.4	23	.6	30	.02	.02	.2	3
SUGAR, SIRUP, JELLY, CANDY-----	211	.5	1.6	50.8	20	.6	10	.01	.02	.2	*
OTHER SWEETS--	9	*	*	2.4	2	*	20	*	*	*	3
ADDED VITAMIN C-----	40	.3	.1	10.1	1	*	*	*	*	*	*
NO ADDED VITAMIN C-----											
OTHER FOOD-----	62	.2	.1	8.1	33	.8	10	*	.05	4.1	0
ALCOHOLIC BEVERAGE-----	37	.1	.0	1.6	2	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	25	.1	.1	6.5	31	.8	10	*	.04	3.9	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

RURAL NONFARM

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,298	110.2	157.3	365.5	1,175	20.1	7,390	1.61	2.49	25.8	97
MILK, CREAM, CHEESE-----	434	23.8	23.2	32.8	748	.3	930	.18	1.02	.7	6
MILK-----	302	17.7	14.6	24.9	604	.1	590	.16	.86	.5	5
CREAM, ICE CREAM-----	65	1.5	3.9	6.3	47	*	150	.01	.07	*	*
CHEESE-----	58	4.4	4.2	.6	90	.1	170	.01	.08	*	0
SOUP, MIXTURES-----	10	.3	.5	1.0	7	*	20	*	.01	.1	*
MEAT, POULTRY, FISH-----	678	43.0	54.5	.7	30	5.6	610	.30	.49	9.3	*
BEEF-----	288	20.2	22.3	*	12	3.0	30	.05	.16	3.8	0
BACON, SALT PORK-----	109	1.4	11.4	.2	2	.2	0	.03	.02	.2	0
OTHER PORK-----	92	4.7	8.0	*	3	.7	0	.13	.05	.9	0
LIVER-----	1	.2	*	.1	*	.1	320	*	.03	.1	*
LUNCHMEAT, FRANKFURTERS-----	74	3.4	6.5	.4	2	.5	30	.05	.06	.7	0
OTHER MEAT-----	16	1.8	1.0	*	1	.2	*	.01	.05	.5	*
POULTRY-----	65	7.9	3.5	*	5	.7	200	.02	.10	2.0	0
FISH, SHELLFISH-----	32	3.5	1.8	.1	5	.2	20	.01	.02	.9	*
OTHER PROTEIN FOOD-----	194	12.4	11.7	10.2	53	2.4	700	.11	.20	1.6	*
EGGS-----	88	7.0	6.2	.5	29	1.2	640	.05	.15	.1	0
DRY LEGUMES-----	42	2.6	.5	7.1	15	.8	10	.04	.02	.2	*
NUTS, PEANUT BUTTER-----	52	2.0	4.5	1.6	6	.2	*	.02	.01	1.1	*
SOUP, MIXTURES-----	9	.6	.4	.8	2	.1	30	*	.01	.1	*
ALL VEGETABLES-----	203	6.2	2.7	41.9	66	2.8	3,380	.21	.17	3.3	49
POTATOES-----	97	2.2	1.7	18.8	9	.7	*	.08	.04	1.6	12
DARK GREEN-----	3	.2	*	.7	4	.1	290	.01	.01	.1	9
DEEP YELLOW-----	13	.3	.1	2.9	7	.1	1,750	.01	.01	.1	2
TOMATOES-----	25	.8	.2	5.5	8	.5	700	.04	.03	.6	12
OTHER-----	59	2.4	.5	13.2	37	1.2	500	.07	.08	.7	15
SOUP, MIXTURES-----	5	.2	.2	.8	1	.1	140	*	*	.1	*
ALL FRUIT-----	132	1.3	.6	33.1	26	1.0	660	.09	.07	.7	34
CITRUS-----	27	.4	.1	6.6	11	.2	100	.04	.01	.2	24
OTHER VITAMIN C-RICH-----	3	*	*	.7	1	*	160	*	*	*	3
OTHER-----	101	.8	.5	25.7	14	.8	400	.05	.05	.5	8
MIXTURES-----	*	*	*	.1	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	612	18.2	5.3	121.3	132	5.9	20	.65	.42	5.4	*
FLOUR-----	201	5.6	.8	41.7	27	1.6	*	.19	.14	1.7	0
CEREAL, PASTES-----	153	4.2	1.1	31.7	26	2.0	10	.22	.09	1.4	*
BREAD-----	230	7.6	2.7	43.2	73	2.1	*	.22	.17	2.1	0
OTHER BAKERY PRODUCTS-----	28	.7	.7	4.8	6	.2	10	.02	.02	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	216	3.9	6.8	35.3	39	.6	80	.04	.05	.5	*
FLOUR-----	34	.4	.8	6.4	12	.1	*	*	.01	*	0
CEREAL, PASTES-----	15	.4	.1	3.2	1	.1	*	.01	*	.1	0
BREAD-----	12	.4	.1	2.4	4	.1	0	.01	*	.1	0
OTHER BAKERY PRODUCTS-----	136	2.1	5.1	20.7	17	.3	30	.02	.03	.2	*
SOUP, MIXTURES-----	19	.6	.7	2.7	6	.1	50	.01	.01	.1	*
FATS, OILS-----	455	.3	50.7	1.4	8	*	950	*	*	*	*
BUTTER-----	42	*	4.8	*	1	.0	200	.00	.00	.0	0
MARGARINE-----	159	.1	17.8	.1	4	.0	730	.00	.00	.0	0
OIL, SALAD DRESSING-----	119	.1	12.9	1.1	2	*	30	*	*	*	*
LARD-----	47	.0	5.2	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	89	*	10.0	.2	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	326	.9	1.6	80.4	24	.7	80	.02	.02	.2	6
SUGAR, SIRUP, JELLY, CANDY-----	266	.5	1.5	65.1	19	.6	10	.01	.02	.2	*
OTHER SWEETS--											
ADDED VITAMIN C-----	14	*	*	3.7	4	*	70	*	*	*	5
NO ADDED VITAMIN C-----	46	.3	.1	11.7	1	*	*	*	*	*	*
OTHER FOOD-----	47	.3	.1	8.2	49	.9	10	*	.05	4.2	0
ALCOHOLIC BEVERAGE-----	21	.1	.0	1.3	2	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	27	.2	.1	6.9	48	.8	10	*	.04	4.0	0

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

RURAL NONFARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA- MIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,149	103.8	148.1	354.0	1,090	19.5	6,140	1.57	2.25	24.4	91
MILK, CREAM, CHEESE-----	411	21.4	22.5	30.8	663	.3	920	.17	.91	.6	6
MILK-----	252	14.6	12.4	20.6	496	*	500	.13	.71	.4	4
CREAM, ICE CREAM-----	82	1.8	5.1	7.6	58	*	190	.02	.06	*	*
CHEESE-----	58	4.5	4.1	.6	92	.1	170	*	.08	*	0
SOUP, MIXTURES-----	19	.5	.9	1.9	17	*	60	.02	.03	.1	1
MEAT, POULTRY, FISH-----	651	40.5	52.7	.7	31	5.4	360	.31	.44	8.5	*
BEEF-----	268	19.0	20.7	*	11	2.8	30	.05	.15	3.6	0
BACON, SALT PORK-----	112	1.4	11.7	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	110	5.8	9.4	*	3	.9	0	.15	.06	1.1	0
LIVER-----	*	.1	*	*	*	*	100	*	.02	*	*
LUNCHEAT, FRANKFURTERS-----	72	3.4	6.2	.4	2	.5	40	.05	.06	.7	0
OTHER MEAT-----	8	1.0	.5	*	1	*	*	*	.02	.3	*
POULTRY-----	51	6.7	2.5	*	4	.7	180	.02	.10	1.6	0
FISH, SHELLFISH-----	29	3.1	1.8	*	7	.2	20	*	.01	.9	*
OTHER PROTEIN FOOD-----	206	13.1	12.2	11.6	54	2.5	660	.13	.20	1.8	*
EGGS-----	82	6.4	5.8	.4	27	1.2	590	.05	.14	*	0
DRY LEGUMES-----	47	3.2	.6	7.6	18	.9	*	.05	.03	.3	*
NUTS, PEANUT BUTTER-----	55	2.2	4.8	1.7	6	.2	*	.02	.01	1.2	*
SOUP, MIXTURES-----	21	1.1	1.0	1.7	3	.2	60	.01	.01	.2	*
ALL VEGETABLES-----	175	5.3	3.0	34.3	58	2.4	2,740	.18	.14	2.8	37
POTATOES-----	89	2.0	2.0	16.3	8	.6	*	.07	.03	1.4	10
DARK GREEN-----	2	.2	*	.4	4	.1	300	*	*	*	4
DEEP YELLOW-----	7	.2	*	1.6	4	*	1,250	*	*	*	*
TOMATOES-----	18	.6	.2	3.9	5	.4	500	.03	.02	.5	8
OTHER-----	50	2.1	.4	11.1	34	1.1	510	.06	.07	.7	14
SOUP, MIXTURES-----	9	.3	.4	1.0	2	*	180	*	*	*	*
ALL FRUIT-----	134	1.2	.5	33.7	29	.9	460	.10	.06	.7	40
CITRUS-----	36	.6	.1	8.8	16	.2	140	.06	.02	.2	31
OTHER VITAMIN C-RICH-----	3	*	*	.7	*	*	40	*	*	*	3
OTHER-----	95	.6	.4	24.2	12	.7	270	.04	.04	.5	6
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

RURAL NONFARM

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA- MIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	564	16.8	4.6	112.4	119	6.0	10	.63	.39	5.2	*
FLOUR-----	189	5.4	.6	39.4	19	1.5	*	.18	.13	1.6	0
CEREAL, PASTES-----	141	3.9	.9	29.3	32	2.4	*	.23	.09	1.5	*
BREAD-----	193	6.5	2.3	37.1	61	1.8	*	.19	.15	1.8	0
OTHER BAKERY PRODUCTS-----	37	1.0	.8	6.5	8	.2	*	.03	.03	.3	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	231	4.1	6.9	38.6	49	.7	70	.05	.05	.6	*
FLOUR-----	50	.6	1.1	9.5	20	*	*	*	*	*	0
CEREAL, PASTES-----	19	.5	.2	3.9	*	*	*	.01	*	*	0
BREAD-----	16	.5	.2	3.2	5	*	0	*	*	*	0
OTHER BAKERY PRODUCTS-----	124	1.9	4.6	19.1	17	.3	30	.01	.02	.2	0
SOUP, MIXTURES-----	22	.6	.8	2.9	6	*	40	*	.01	.1	*
FATS, OILS-----	397	.3	43.9	1.7	7	*	780	*	*	*	*
BUTTER-----	43	*	4.8	*	1	.0	200	.00	.00	.0	0
MARGARINE-----	121	.1	13.6	*	3	.0	560	.00	.00	.0	0
OIL, SALAD DRESSING-----	103	.1	11.1	1.3	2	*	30	*	*	*	*
LARD-----	65	.0	7.2	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	65	*	7.3	.3	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	333	.9	1.5	82.6	27	.6	130	.02	.02	.2	8
SUGAR, SIRUP, JELLY, CANDY-----	264	.5	1.4	64.8	17	.6	*	*	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	16	*	*	4.1	8	*	120	*	*	*	7
NO ADDED VITAMIN C-----	53	.3	*	13.6	1	*	*	*	*	*	*
OTHER FOOD-----	47	.2	.2	7.6	52	.8	*	*	.04	4.1	0
ALCOHOLIC BEVERAGE-----	21	*	.0	1.2	2	*	0	.00	*	.2	0
SOME NUTRITIVE VALUE-----	25	.1	.2	6.4	50	.8	*	*	.03	3.9	0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

RURAL NONFARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,359	106.6	161.6	376.6	1,106	19.8	7,800	1.63	2.53	25.4	114
MILK, CREAM, CHEESE-----	392	22.0	21.0	29.1	698	.2	840	.17	.94	.6	5
MILK-----	281	16.7	13.4	23.4	568	.1	540	.15	.81	.5	5
CREAM, ICE CREAM-----	49	1.1	2.9	4.9	35	*	110	.01	.05	*	*
CHEESE-----	60	4.2	4.5	.5	93	.1	190	.01	.08	*	0
SOUP, MIXTURES-----	3	*	.2	.2	1	*	*	*	*	*	*
MEAT, POULTRY, FISH-----	699	41.1	57.6	1.0	28	5.7	1,120	.31	.56	9.0	1
BEEF-----	269	19.4	20.6	.0	11	2.9	30	.05	.16	3.7	0
BACON, SALT PORK-----	142	1.7	14.9	.2	3	.2	0	.03	.02	.3	0
OTHER PORK-----	89	4.2	7.9	.1	2	.7	0	.12	.05	.9	0
LIVER-----	4	.5	.1	.1	*	.2	880	*	.08	.3	1
LUNCHMEAT, FRANKFURTERS-----	100	4.4	8.8	.5	3	.7	10	.06	.07	.9	0
OTHER MEAT-----	11	1.0	.7	*	1	.3	20	.01	.08	.3	*
POULTRY-----	48	6.2	2.5	.0	4	.6	150	.02	.08	1.5	0
FISH, SHELLFISH-----	36	3.7	2.2	.1	4	.2	40	.01	.02	1.1	0
OTHER PROTEIN FOOD-----	169	10.9	10.2	8.9	49	2.1	680	.09	.18	1.4	*
EGGS-----	81	6.4	5.7	.4	27	1.1	590	.05	.14	*	0
DRY LEGUMES-----	36	2.1	.5	6.1	15	.6	20	.03	.01	.2	*
NUTS, PEANUT BUTTER-----	41	1.7	3.6	1.3	5	.2	*	.01	.01	.9	*
SOUP, MIXTURES-----	5	.2	.2	.5	1	.1	60	*	.01	.1	*
ALL VEGETABLES-----	201	6.4	2.6	41.9	61	2.8	2,730	.22	.17	3.4	62
POTATOES-----	90	2.1	1.5	17.5	8	.6	0	.07	.03	1.5	11
DARK GREEN-----	7	.3	*	1.6	4	.2	280	.01	.01	.3	22
DEEP YELLOW-----	4	.1	*	.8	3	.1	930	*	*	*	*
TOMATOES-----	26	1.0	.2	5.8	10	.6	790	.05	.03	.7	16
OTHER-----	68	2.6	.6	15.1	34	1.3	510	.08	.08	.8	14
SOUP, MIXTURES-----	7	.3	.2	1.0	1	.1	210	*	*	.1	*
ALL FRUIT-----	143	1.6	.6	35.9	30	1.3	1,410	.10	.09	1.0	37
CITRUS-----	21	.3	.1	5.1	6	.1	80	.03	.01	.1	10
OTHER VITAMIN C-RICH-----	5	.1	*	1.2	2	.1	520	.01	.01	.1	5
OTHER-----	117	1.2	.5	29.7	22	1.1	820	.07	.07	.7	14
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

RURAL HOME FARM

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	664	19.6	5.5	132.0	124	5.8	20	.68	.47	5.8	*
FLOUR-----	255	7.2	1.0	52.9	26	2.0	*	.24	.17	2.2	0
CEREAL, PASTES-----	152	4.1	1.2	31.3	19	1.5	10	.21	.10	1.4	*
BREAD-----	237	7.8	2.8	44.5	74	2.2	0	.22	.18	2.1	0
OTHER BAKERY PRODUCTS-----	20	.5	.5	3.4	4	.1	10	.01	.01	.1	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	194	3.4	6.5	30.9	37	.5	60	.03	.05	.4	*
FLOUR-----	26	.2	.8	4.6	6	*	0	*	*	*	0
CEREAL, PASTES-----	1	*	*	.2	*	*	0	*	*	*	0
BREAD-----	13	.4	.1	2.5	4	.1	0	.01	*	.1	0
OTHER BAKERY PRODUCTS-----	125	1.8	4.7	19.2	17	.3	20	.01	.03	.2	0
SOUP, MIXTURES-----	29	.9	.9	4.3	10	.1	30	.01	.01	.1	*
FATS, OILS-----	496	.3	55.3	1.3	7	*	870	*	*	*	*
BUTTER-----	49	*	5.5	*	1	.0	220	.00	.00	.0	0
MARGARINE-----	134	.1	15.0	.1	4	.0	610	.00	.00	.0	0
OIL, SALAD DRESSING-----	116	.1	12.7	.8	2	*	30	*	*	*	*
LARD-----	80	.0	8.9	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	119	*	13.3	.3	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	363	1.1	2.1	88.9	23	.6	80	.02	.02	.3	0
SUGAR, SIRUP, JELLY, CANDY-----	292	.7	2.0	70.6	18	.6	10	.02	.02	.2	*
OTHER SWEETS-----											
ADDED VITAMIN C-----	22	*	*	5.7	5	*	70	*	*	*	7
NO ADDED VITAMIN C-----	49	.4	.1	12.6	*	*	0	*	*	*	*
OTHER FOOD-----	37	.2	.1	6.8	51	.7	*	*	.05	3.5	0
ALCOHOLIC BEVERAGE-----	15	.1	.0	1.1	1	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	22	.1	.1	5.7	49	.7	*	*	.04	3.3	0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

RURAL NONFARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBD-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,405	117.0	167.7	360.6	1,193	20.4	7,320	1.63	2.53	27.1	85
MILK, CREAM, CHEESE-----	461	25.0	25.5	33.4	780	.3	1,020	.18	1.05	.6	6
MILK-----	313	18.0	15.6	25.3	615	.1	630	.16	.88	.5	5
CREAM, ICE CREAM-----	70	1.5	4.2	6.7	50	*	160	.01	.07	*	*
CHEESE-----	71	5.2	5.2	.7	110	.2	210	.01	.10	*	0
SOUP, MIXTURES-----	7	.2	.4	.7	5	*	20	*	.01	*	*
MEAT, POULTRY, FISH-----	742	48.7	58.9	.7	34	6.1	430	.33	.52	10.6	*
BEEF-----	308	21.0	24.2	.0	12	3.1	40	.06	.17	4.0	0
BACON, SALT PORK-----	97	1.2	10.1	.1	2	.2	0	.02	.02	.2	0
OTHER PORK-----	103	4.8	9.1	*	3	.7	0	.13	.05	.9	0
LIVER-----	1	.1	*	*	*	*	140	*	.01	*	*
LUNCHMEAT, FRANKFURTERS-----	70	3.2	6.1	.4	2	.5	20	.04	.05	.7	0
OTHER MEAT-----	41	4.5	2.4	*	2	.4	0	.03	.09	1.2	0
POULTRY-----	95	10.6	5.5	*	7	.9	220	.03	.12	2.8	0
FISH, SHELLFISH-----	27	3.3	1.4	.1	6	.2	10	.01	.02	.8	*
OTHER PROTEIN FOOD-----	198	12.8	11.3	11.6	57	2.6	720	.12	.21	1.3	*
EGGS-----	94	7.5	6.7	.5	31	1.3	680	.05	.16	.1	0
DRY LEGUMES-----	54	3.4	.5	9.2	20	1.0	20	.05	.03	.3	*
NUTS, PEANUT BUTTER-----	42	1.6	3.7	1.2	5	.2	*	.02	.01	.8	*
SOUP, MIXTURES-----	7	.3	.3	.6	1	.1	20	*	*	.1	*
ALL VEGETABLES-----	221	6.2	3.0	45.6	67	2.7	3,520	.22	.16	3.5	49
POTATOES-----	116	2.7	2.1	22.3	10	.8	0	.09	.05	1.9	14
DARK GREEN-----	3	.2	*	.6	3	.1	280	.01	.01	.1	6
DEEP YELLOW-----	17	.3	.1	3.9	8	.2	2,050	.01	.01	.1	2
TOMATOES-----	30	1.0	.3	6.5	9	.6	760	.05	.03	.7	14
OTHER-----	54	2.1	.4	12.0	35	1.1	340	.06	.06	.6	13
SOUP, MIXTURES-----	2	.1	*	.3	1	*	60	*	*	*	*
ALL FRUIT-----	123	1.0	.6	31.1	19	.8	500	.08	.06	.6	26
CITRUS-----	19	.3	.1	4.6	7	.1	60	.03	.01	.1	17
OTHER VITAMIN C-RICH-----	1	*	*	.2	*	*	100	*	*	*	1
OTHER-----	102	.7	.5	26.0	12	.6	340	.05	.05	.5	8
MIXTURES-----	1	*	*	.2	*	*	10	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

RURAL NONFARM

FOOD GROUP *	AVERAGE PER DAY										
	1										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	599	17.9	4.9	119.3	119	5.6	10	.65	.40	5.1	*
FLOUR-----	215	6.1	.6	45.0	23	1.7	0	.21	.15	1.8	0
CEREAL, PASTES-----	154	4.3	1.3	31.3	24	1.8	10	.23	.08	1.2	*
BREAD-----	212	7.0	2.5	39.8	68	2.0	0	.20	.16	1.9	0
OTHER BAKERY PRODUCTS-----	19	.5	.4	3.2	3	.1	*	.01	.01	.1	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	211	3.9	6.5	34.6	33	.6	110	.04	.05	.5	*
FLOUR-----	23	.3	.5	4.3	9	.1	*	*	.01	*	0
CEREAL, PASTES-----	28	.8	.2	5.9	1	.1	10	.01	.01	.1	0
BREAD-----	11	.4	.1	2.3	4	.1	0	.01	*	.1	0
OTHER BAKERY PRODUCTS-----	133	2.0	5.1	20.1	14	.3	20	.01	.02	.2	*
SOUP, MIXTURES-----	15	.5	.6	2.0	5	.1	80	.01	.01	.1	*
FATS, OILS-----	495	.3	55.2	1.3	8	.1	970	*	*	*	*
BUTTER-----	28	*	3.1	*	1	.0	130	.00	.00	.0	0
MARGARINE-----	178	.1	20.0	.1	5	.0	810	.00	.00	.0	0
OIL, SALAD DRESSING-----	147	.1	16.2	1.0	2	.1	30	*	*	*	*
LARD-----	38	.0	4.2	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	104	*	11.7	.2	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	303	.8	1.7	74.1	24	.8	40	.01	.02	.1	4
SUGAR, SIRUP, JELLY, CANDY-----	260	.5	1.7	63.1	22	.7	10	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	10	*	*	2.4	2	*	30	*	*	*	4
NO ADDED VITAMIN C-----	34	.2	*	8.6	*	*	*	*	*	*	*
OTHER FOOD-----	52	.3	.2	8.8	53	1.0	*	.01	.06	4.7	0
ALCOHOLIC BEVERAGE-----	24	.1	.0	1.4	2	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	29	.2	.2	7.4	51	.9	*	.01	.05	4.5	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

RURAL NONFARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,271	112.7	151.1	371.6	1,305	20.5	8,320	1.61	2.62	26.0	97
MILK, CREAM, CHEESE-----	468	26.5	23.5	37.9	848	.3	930	.21	1.19	.8	7
MILK-----	359	21.5	16.9	30.4	734	.1	680	.19	1.05	.6	6
CREAM, ICE CREAM-----	58	1.4	3.3	6.0	45	*	130	.01	.06	*	*
CHEESE-----	41	3.4	2.8	.5	64	.1	110	.01	.06	*	0
SOUP, MIXTURES-----	10	.2	.6	1.0	5	*	10	*	.01	*	*
MEAT, POULTRY, FISH-----	615	41.3	48.4	.5	26	5.3	550	.24	.43	8.7	*
BEEF-----	303	21.6	23.4	.0	12	3.2	30	.06	.18	4.1	0
BACON, SALT PORK-----	87	1.1	9.0	.1	2	.2	0	.02	.01	.2	0
OTHER PORK-----	67	3.7	5.6	*	2	.6	0	.10	.04	.7	0
LIVER-----	1	.1	*	*	*	*	200	*	.02	.1	*
LUNCHMEAT, FRANKFURTERS-----	57	2.6	4.9	.3	2	.4	60	.03	.05	.6	0
OTHER MEAT-----	3	.4	.1	.0	*	*	0	*	.01	.1	0
POULTRY-----	64	7.8	3.4	.0	5	.8	230	.02	.11	1.9	0
FISH, SHELLFISH-----	34	3.9	1.9	*	3	.2	30	.01	.01	1.0	*
OTHER PROTEIN FOOD-----	200	12.8	13.2	8.3	49	2.2	720	.10	.20	1.8	*
EGGS-----	96	7.6	6.7	.5	32	1.4	690	.05	.17	.1	0
DRY LEGUMES-----	29	1.8	.2	5.1	9	.5	10	.03	.01	.2	*
NUTS, PEANUT BUTTER-----	69	2.7	6.1	2.1	7	.2	*	.02	.01	1.4	*
SOUP, MIXTURES-----	4	.5	.1	.4	1	*	10	*	*	*	*
ALL VEGETABLES-----	215	7.0	2.1	45.7	79	3.2	4,480	.23	.19	3.5	50
POTATOES-----	92	2.2	1.2	18.6	9	.7	*	.08	.04	1.6	12
DARK GREEN-----	2	.2	*	.4	5	.1	300	*	.01	*	4
DEEP YELLOW-----	22	.5	.1	5.2	11	.2	2,710	.02	.02	.2	3
TOMATOES-----	26	.8	.2	5.8	8	.6	700	.04	.03	.7	11
OTHER-----	67	3.0	.4	14.9	45	1.5	640	.08	.09	.9	20
SOUP, MIXTURES-----	5	.2	.1	.7	1	*	140	*	*	.1	*
ALL FRUIT-----	128	1.2	.7	31.9	28	.9	310	.09	.06	.6	36
CITRUS-----	33	.6	.1	8.1	17	.2	130	.05	.02	.2	30
OTHER VITAMIN C-RICH-----	3	*	*	.7	*	*	*	*	*	*	1
OTHER-----	92	.6	.6	23.1	10	.7	180	.04	.04	.4	5
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

WEST

RURAL NONFARM

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY (2)	PROTEIN (3)	FAT (4)	CARBO- HYDRATE (5)	CALCIUM (6)	IRON (7)	VITAMIN A VALUE (8)	THIAMIN (9)	RIBO- FLAVIN (10)	NIACIN (11)	ASCORBIC ACID (12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	625	18.5	6.3	122.4	168	6.3	30	.66	.42	5.5	*
FLOUR-----	145	3.9	.9	29.7	42	1.2	*	.14	.10	1.2	0
CEREAL, PASTES-----	167	4.6	1.1	34.7	30	2.4	20	.23	.09	1.5	*
BREAD-----	275	9.2	3.3	51.7	88	2.5	0	.26	.20	2.5	0
OTHER BAKERY PRODUCTS-----	38	.9	1.0	6.2	8	.2	10	.03	.02	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	226	4.0	7.2	37.0	37	.7	60	.04	.06	.6	*
FLOUR-----	37	.4	.8	7.1	12	*	*	*	.01	*	0
CEREAL, PASTES-----	11	.3	.1	2.3	*	.1	*	.01	*	.1	0
BREAD-----	8	.2	.1	1.5	2	*	0	*	*	*	0
OTHER BAKERY PRODUCTS-----	160	2.6	5.9	24.5	20	.4	30	.02	.04	.3	0
SOUP, MIXTURES-----	11	.4	.3	1.7	2	.1	30	.01	.01	.1	*
FATS, OILS-----	432	.3	48.3	1.2	9	*	1,170	*	*	*	*
BUTTER-----	52	*	5.9	*	1	.0	240	.00	.00	.0	0
MARGARINE-----	199	.2	22.4	.1	6	.0	910	.00	.00	.0	0
OIL, SALAD DRESSING-----	106	.1	11.5	1.0	2	*	20	*	*	*	*
LARD-----	7	.0	.8	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	69	*	7.7	.1	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	310	.8	1.3	77.1	20	.7	60	.02	.02	.1	4
SUGAR, SIRUP, JELLY, CANDY-----	251	.4	1.1	62.3	17	.6	10	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	10	*	*	2.6	2	*	50	*	*	*	4
NO ADDED VITAMIN C-----	49	.4	.2	12.2	1	*	*	*	*	*	*
OTHER FOOD-----	51	.3	.1	9.5	41	1.0	20	.01	.06	4.5	0
ALCOHOLIC BEVERAGE-----	22	.1	.0	1.7	2	.0	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	30	.2	.1	7.9	39	1.0	20	.01	.04	4.3	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

WEST

RURAL FARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,601	120.6	177.5	388.2	1,251	21.8	8,150	1.67	2.69	27.7	104
MILK, CREAM, CHEESE-----	499	25.9	28.1	36.6	801	.3	1,140	.20	1.10	.7	6
MILK-----	323	18.4	16.3	26.2	625	.1	660	.16	.90	.6	5
CREAM, ICE CREAM-----	101	2.0	6.8	8.6	65	*	270	.02	.09	*	1
CHEESE-----	65	5.2	4.6	.8	104	.2	190	.01	.10	*	0
SOUP, MIXTURES-----	9	.3	.4	1.0	7	*	30	.01	.01	.1	*
MEAT, POULTRY, FISH-----	858	51.3	70.5	.8	37	7.1	1,110	.35	.59	10.9	1
BEEF-----	456	29.3	36.7	*	17	4.3	50	.08	.24	5.6	0
BACON, SALT PORK-----	112	1.4	11.7	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	124	6.2	10.8	*	4	.9	0	.16	.07	1.2	0
LIVER-----	4	.6	.1	.1	*	.2	820	*	.08	.3	1
LUNCHMEAT, FRANKFURTERS-----	60	2.8	5.2	.3	2	.4	40	.04	.05	.6	0
OTHER MEAT-----	18	1.5	1.3	*	1	.2	0	.01	.03	.4	0
POULTRY-----	58	6.7	3.3	*	4	.6	170	.02	.09	1.7	*
FISH, SHELLFISH-----	25	2.7	1.4	.1	7	.2	20	.01	.01	.8	*
OTHER PROTEIN FOOD-----	186	11.9	12.0	8.0	51	2.2	740	.11	.20	1.3	*
EGGS-----	96	7.6	6.8	.5	32	1.4	700	.05	.17	.1	0
DRY LEGUMES-----	30	1.8	.3	5.1	11	.5	10	.02	.01	.2	*
NUTS, PEANUT BUTTER-----	50	1.9	4.4	1.5	6	.2	*	.02	.01	1.0	*
SOUP, MIXTURES-----	7	.4	.3	.6	1	.1	30	*	*	.1	*
ALL VEGETABLES-----	217	6.8	2.8	44.6	70	2.9	3,150	.23	.18	3.5	46
POTATOES-----	112	2.6	1.9	21.8	10	.8	*	.09	.05	1.9	14
DARK GREEN-----	2	.2	*	.3	5	.1	310	*	.01	*	3
DEEP YELLOW-----	10	.2	*	2.4	6	.1	1,630	.01	.01	.1	1
TOMATOES-----	22	.7	.2	4.9	7	.4	580	.04	.02	.5	10
OTHER-----	67	3.0	.6	14.8	42	1.4	550	.09	.09	.9	18
SOUP, MIXTURES-----	3	.1	.1	.4	1	*	80	*	*	*	*
ALL FRUIT-----	157	1.5	.8	39.5	36	1.2	840	.11	.08	.9	43
CITRUS-----	33	.5	.1	8.0	14	.2	120	.05	.02	.2	30
OTHER VITAMIN C-RICH-----	5	.1	*	1.2	2	.1	220	*	.01	.1	5
OTHER-----	120	.9	.6	30.3	20	.9	500	.05	.06	.6	9
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

WEST

RURAL FARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	573	17.2	5.0	113.6	136	5.6	20	.60	.40	5.2	*
FLOUR-----	181	5.1	.7	37.7	34	1.5	*	.17	.13	1.5	0
CEREAL, PASTES-----	134	3.9	.9	28.0	24	1.9	10	.19	.03	1.4	*
BREAD-----	232	7.7	2.7	43.5	73	2.1	0	.22	.17	2.1	0
OTHER BAKERY PRODUCTS-----	26	.7	.7	4.4	6	.2	10	.02	.02	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	227	4.1	6.7	38.1	41	.7	60	.04	.05	.5	*
FLOUR-----	46	.6	1.1	8.8	16	.1	*	*	.01	.1	0
CEREAL, PASTES-----	18	.5	.1	3.8	1	.1	*	.01	*	.1	0
BREAD-----	15	.5	.1	3.0	4	.1	*	.01	*	.1	0
OTHER BAKERY PRODUCTS-----	128	2.1	4.6	19.9	17	.3	30	.02	.03	.2	*
SOUP, MIXTURES-----	19	.5	.7	2.7	3	.1	20	*	.01	.1	*
FATS, OILS-----	440	.3	48.9	1.4	8	*	1,020	*	*	*	*
BUTTER-----	65	.1	7.3	*	2	.0	300	.00	.00	.0	0
MARGARINE-----	152	.1	17.2	.1	4	.0	700	.00	.00	.0	0
OIL, SALAD DRESSING-----	120	.1	13.0	1.2	2	*	30	*	*	*	*
LARD-----	42	*	4.7	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	60	*	6.8	.1	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	396	1.1	2.4	96.7	34	.9	70	.02	.03	.2	6
SUGAR, SIRUP, JELLY, CANDY-----	336	.7	2.3	81.2	28	.8	10	.02	.03	.2	*
OTHER SWEETS--											
ADDED VITAMIN C-----	18	*	*	4.7	4	*	60	*	*	*	6
NO ADDED VITAMIN C-----	42	.3	.1	10.7	2	*	*	*	*	*	*
OTHER FOOD-----	49	.4	.3	9.0	37	1.0	10	.01	.06	4.5	0
ALCOHOLIC BEVERAGE-----	18	.1	.0	1.2	2	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	31	.3	.3	7.8	36	1.0	10	.01	.05	4.3	0

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

WEST

RURAL FARM

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA- MIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,677	121.8	183.0	392.6	1,204	22.2	8,010	1.72	2.69	27.8	104
MILK, CREAM, CHEESE-----	464	23.7	26.5	33.6	732	.3	1,060	.18	1.01	.6	6
MILK-----	295	16.8	14.9	23.9	568	*	600	.15	.81	.5	5
CREAM, ICE CREAM-----	102	2.0	7.1	8.1	64	*	280	.02	.09	*	*
CHEESE-----	59	4.8	4.1	.7	94	.2	170	*	.09	*	*
SOUP, MIXTURES-----	8	.2	.4	.9	6	*	20	*	.01	*	*
MEAT, POULTRY, FISH-----	895	52.5	73.9	.9	37	7.4	1,440	.40	.65	11.3	*
BEEF-----	438	28.2	35.2	.0	16	4.2	50	.08	.23	5.4	0
BACON, SALT PORK-----	127	1.6	13.3	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	149	7.4	13.0	*	4	1.1	0	.20	.08	1.5	0
LIVER-----	6	.8	.2	.2	*	.4	1,100	*	.11	.4	*
LUNCHMEAT, FRANKFURTERS-----	82	3.8	7.1	.5	2	.6	80	.05	.07	.9	*
OTHER MEAT-----	12	1.3	.7	*	*	.1	0	*	.02	.3	0
POULTRY-----	58	6.9	3.2	*	4	.7	200	.02	.10	1.7	*
FISH, SHELLFISH-----	23	2.5	1.3	*	7	.1	20	*	.01	.7	*
OTHER PROTEIN FOOD-----	208	13.5	13.0	9.7	57	2.5	820	.12	.22	1.4	*
EGGS-----	105	8.3	7.4	.6	35	1.5	760	.06	.18	*	0.
DRY LEGUMES-----	38	2.3	.4	6.6	14	.7	10	.03	.02	.2	*
NUTS, PEANUT BUTTER-----	52	1.9	4.6	1.6	6	.2	*	.02	.01	1.0	*
SOUP, MIXTURES-----	11	.7	.5	.8	2	*	40	*	*	.1	*
ALL VEGETABLES-----	208	6.3	3.3	41.5	67	2.7	2,870	.21	.16	3.3	43
POTATOES-----	116	2.6	2.5	21.6	10	.8	*	.09	.04	1.9	14
DARK GREEN-----	2	.2	*	.4	6	.1	360	*	*	*	4
DEEP YELLOW-----	7	.2	*	1.6	5	.1	1,360	*	*	*	*
TOMATOES-----	19	.6	.2	4.3	5	.4	480	.03	.02	.5	8
OTHER-----	59	2.6	.5	13.0	40	1.3	560	.08	.08	.8	17
SOUP, MIXTURES-----	4	.2	.1	.6	1	*	120	*	*	*	*
ALL FRUIT-----	150	1.5	.7	37.6	38	1.1	610	.10	.08	.9	46
CITRUS-----	33	.5	*	8.2	15	.2	110	.05	.02	.2	30
OTHER VITAMIN C-RICH-----	8	*	*	1.8	3	.1	80	*	*	*	8
OTHER-----	109	.8	.5	27.5	20	.8	410	.05	.05	.6	9
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

WEST

RURAL FARM

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA- MIN	RIBO- FLAVIN	NIACIN	ASCORbic ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	597	17.9	5.2	118.3	140	5.6	20	.63	.42	5.3	*
FLOUR-----	188	5.3	.7	39.2	35	1.5	*	.18	.13	1.6	0
CEREAL, PASTES-----	143	4.0	1.0	29.8	23	1.7	*	.21	.08	1.4	*
BREAD-----	235	7.7	2.8	44.2	74	2.2	0	.22	.18	2.1	0
OTHER BAKERY PRODUCTS-----	30	.9	.7	5.2	8	.2	10	.02	.02	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	256	4.5	7.9	42.4	47	.7	70	.05	.06	.6	*
FLOUR-----	51	.7	1.2	9.6	18	.1	*	*	.01	*	0
CEREAL, PASTES-----	19	.4	*	4.1	1	*	*	*	*	*	0
BREAD-----	14	.5	.1	2.9	5	*	*	*	*	*	0
OTHER BAKERY PRODUCTS-----	145	2.4	5.5	21.9	18	.4	30	.02	.03	.3	*
SOUP, MIXTURES-----	27	.6	1.0	3.9	5	*	30	*	*	.1	*
FATS, OILS-----	446	.3	49.6	1.4	8	*	1,040	*	*	*	*
BUTTER-----	80	*	9.1	*	2	.0	370	.00	.00	.0	*
MARGARINE-----	141	.1	15.9	*	4	.0	650	.00	.00	.0	0
OIL, SALAD DRESSING-----	116	.1	12.6	1.1	2	*	20	*	*	*	*
LARD-----	45	*	5.0	*	0	.0	0	.00	.00	.0	*
VEGETABLE SHORTENING-----	64	*	7.2	.1	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	403	1.2	2.6	98.2	36	.9	80	.02	.03	.2	7
SUGAR, SIRUP, JELLY, CANDY-----	338	.8	2.4	81.3	28	.8	10	.01	.03	.2	*
OTHER SWEETS--											
ADDED VITAMIN C-----	20	*	*	5.3	5	*	60	*	*	*	6
NO ADDED VITAMIN C-----	45	.4	*	11.6	2	*	*	*	*	*	*
OTHER FOOD-----	50	.4	.5	8.9	42	1.0	*	.02	.06	4.2	0
ALCOHOLIC BEVERAGE-----	19	.1	.0	1.4	2	*	0	*	.01	.2	0
SOME NUTRITIVE VALUE-----	31	.3	.5	7.5	40	.9	*	.02	.05	4.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

WEST

WEST

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,682	119.4	178.8	408.1	1,151	22.4	8,410	1.71	2.62	28.5	109
MILK, CREAM, CHEESE-----	480	23.5	27.5	35.4	723	.3	1,130	.17	.98	.6	6
MILK-----	270	15.3	13.7	21.9	517	.1	550	.13	.74	.5	5
CREAM, ICE CREAM-----	130	2.6	8.3	11.8	83	.1	340	.02	.12	.1	1
CHEESE-----	69	5.4	4.9	.7	115	.2	200	.01	.10	*	0
SOUP, MIXTURES-----	11	.3	.5	1.1	8	*	40	.01	.01	.1	1
MEAT, POULTRY, FISH-----	874	52.6	71.6	.8	38	7.4	1,050	.36	.60	11.0	1
BEEF-----	492	31.4	39.6	.0	18	4.7	60	.08	.25	6.0	0
BACON, SALT PORK-----	114	1.4	11.9	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	115	6.5	9.7	.0	4	1.0	0	.17	.07	1.3	0
LIVER-----	4	.6	.1	.1	*	.2	800	*	.08	.3	1
LUNCHMEAT, FRANKFURTERS-----	61	2.9	5.2	.4	2	.5	30	.04	.05	.6	0
OTHER MEAT-----	19	1.5	1.4	*	1	.2	0	.01	.03	.5	0
POULTRY-----	46	5.8	2.4	*	4	.6	150	.01	.09	1.4	0
FISH, SHELLFISH-----	23	2.4	1.3	.1	8	.2	10	.01	.01	.7	0
OTHER PROTEIN FOOD-----	169	10.6	10.8	7.6	48	2.0	670	.10	.18	1.1	*
EGGS-----	87	6.9	6.2	.5	29	1.2	630	.05	.15	.1	0
DRY LEGUMES-----	30	1.7	.4	5.1	12	.5	20	.02	.01	.2	*
NUTS, PEANUT BUTTER-----	45	1.6	4.0	1.3	6	.2	*	.02	.01	.8	*
SOUP, MIXTURES-----	5	.2	.2	.6	1	*	20	*	*	*	*
ALL VEGETABLES-----	245	7.7	3.4	50.4	74	3.2	2,700	.27	.21	4.0	50
POTATOES-----	123	2.8	2.3	23.5	11	.8	*	.10	.05	2.0	15
DARK GREEN-----	1	.1	*	.3	4	.1	290	*	.01	*	2
DEEP YELLOW-----	6	.1	*	1.3	4	.1	1,020	.01	.01	.1	1
TOMATOES-----	27	.9	.3	5.8	9	.5	670	.04	.03	.6	12
OTHER-----	87	3.7	.8	19.3	47	1.7	690	.12	.12	1.2	20
SOUP, MIXTURES-----	2	.1	.1	.2	*	*	20	*	*	*	*
ALL FRUIT-----	156	1.7	.7	39.3	36	1.3	1,550	.11	.09	1.1	42
CITRUS-----	26	.4	.1	6.4	10	.1	100	.05	.01	.2	24
OTHER VITAMIN C-RICH-----	7	.1	*	1.7	3	.1	580	.01	.01	.1	7
OTHER-----	123	1.1	.6	31.2	23	1.1	870	.06	.07	.8	10
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

WEST

RURAL FARM

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	603	18.1	5.1	120.0	131	5.8	10	.63	.43	5.6	*
FLOUR-----	200	5.6	.7	41.6	26	1.6	*	.19	.14	1.7	0
CEREAL, PASTES-----	132	3.8	.8	27.8	23	1.7	10	.20	.09	1.5	*
BREAD-----	247	8.2	2.9	46.4	78	2.3	0	.23	.19	2.2	0
OTHER BAKERY PRODUCTS-----	25	.5	.7	4.3	4	.1	*	.01	.01	.1	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	199	3.6	6.1	33.1	28	.6	50	.04	.04	.4	*
FLOUR-----	36	.4	.9	6.8	9	.1	*	*	.01	*	0
CEREAL, PASTES-----	13	.3	.1	2.8	*	.1	0	.01	*	.1	0
BREAD-----	14	.5	.1	2.8	2	.1	0	.01	*	.1	0
OTHER BAKERY PRODUCTS-----	121	2.0	4.4	18.7	14	.3	20	.02	.02	.2	0
SOUP, MIXTURES-----	14	.4	.6	1.9	3	.1	20	*	.01	.1	*
FATS, OILS-----	464	.4	51.5	1.7	9	.1	1,170	*	*	*	*
BUTTER-----	67	.1	7.6	*	2	.0	310	.00	.00	.0	0
MARGARINE-----	180	.1	20.3	.1	5	.0	830	.00	.00	.0	0
OIL, SALAD DRESSING-----	117	.2	12.5	1.4	2	.1	30	*	*	*	*
LARD-----	44	.0	4.9	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	55	*	6.2	.1	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	443	.9	1.7	110.8	29	.8	70	.02	.03	.2	9
SUGAR, SIRUP, JELLY, CANDY-----	363	.5	1.6	89.9	23	.8	10	.01	.02	.1	*
OTHER SWEETS--											
ADDED VITAMIN C-----	32	*	*	8.2	4	*	60	*	*	*	9
NO ADDED VITAMIN C-----	49	.3	.1	12.7	2	*	*	*	*	*	*
OTHER FOOD-----	49	.4	.4	9.2	35	1.0	10	.01	.07	4.4	0
ALCOHOLIC BEVERAGE-----	16	.1	.0	1.2	2	*	0	.00	.01	.2	0
SOME NUTRITIVE VALUE-----	33	.3	.4	8.0	33	1.0	10	.01	.06	4.2	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED
TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

WEST
WEST

RURAL FARM
RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,667	126.7	180.8	390.5	1,431	22.2	8,490	1.68	2.90	28.0	91
MILK, CREAM, CHEESE-----	557	30.3	30.3	41.8	958	.3	1,230	.24	1.32	.8	7
MILK-----	409	23.7	20.4	33.5	807	.1	820	.21	1.15	.7	7
CREAM, ICE CREAM-----	79	1.5	5.2	6.8	50	*	210	.01	.07	*	*
CHEESE-----	62	4.8	4.4	.7	95	.2	180	.01	.09	*	0
SOUP, MIXTURES-----	8	.3	.4	.7	7	*	20	*	.01	.1	*
MEAT, POULTRY, FISH-----	876	53.0	71.7	.7	36	7.0	1,120	.33	.58	11.5	1
BEEF-----	466	29.7	37.5	*	17	4.4	50	.08	.24	5.7	0
BACON, SALT PORK-----	92	1.1	9.6	.1	2	.2	0	.02	.01	.2	0
OTHER PORK-----	129	5.9	11.5	*	3	.9	0	.15	.07	1.1	0
LIVER-----	4	.5	.1	.1	*	.2	860	*	.08	.3	1
LUNCHMEAT, FRANKFURTERS-----	51	2.4	4.4	.3	1	.4	20	.03	.04	.5	0
OTHER MEAT-----	28	2.2	2.1	*	1	.2	0	.02	.04	.6	0
POULTRY-----	78	8.1	4.8	.0	5	.7	170	.03	.08	2.2	0
FISH, SHELLFISH-----	29	3.2	1.7	.1	6	.2	20	.01	.02	1.0	*
OTHER PROTEIN FOOD-----	178	11.5	11.5	7.3	48	2.1	720	.10	.19	1.3	*
EGGS-----	93	7.4	6.6	.5	31	1.3	680	.05	.16	.1	0
DRY LEGUMES-----	25	1.5	.2	4.3	9	.5	10	.02	.01	.1	*
NUTS, PEANUT BUTTER-----	48	1.8	4.2	1.4	6	.2	*	.02	.01	.9	*
SOUP, MIXTURES-----	6	.4	.3	.6	1	.1	20	*	*	.1	*
ALL VEGETABLES-----	218	7.0	2.4	45.8	72	2.9	3,850	.24	.18	3.6	50
POTATOES-----	113	2.8	1.4	22.9	10	.8	*	.10	.05	2.0	15
DARK GREEN-----	1	.1	*	.2	3	.1	180	*	*	*	2
DEEP YELLOW-----	18	.4	.1	4.2	10	.2	2,550	.02	.02	.2	3
TOMATOES-----	23	.8	.2	4.9	7	.5	600	.04	.02	.6	10
OTHER-----	61	2.8	.5	13.4	41	1.4	490	.08	.08	.8	20
SOUP, MIXTURES-----	1	.1	*	.2	*	*	30	*	*	*	*
ALL FRUIT-----	146	1.2	.7	37.1	27	1.0	500	.09	.06	.6	29
CITRUS-----	23	.3	.1	5.7	9	.2	80	.03	.01	.1	19
OTHER VITAMIN C-RICH-----	3	.1	*	.8	1	*	110	*	*	*	2
OTHER-----	120	.8	.6	30.6	16	.8	310	.05	.05	.5	7
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

WEST

RURAL FARM

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	586	17.8	5.5	115.3	161	6.3	10	.61	.40	5.2	*
FLOUR-----	169	4.6	.8	34.9	48	1.4	*	.16	.12	1.4	0
CEREAL, PASTES-----	130	3.9	1.0	26.6	28	2.4	10	.18	.07	1.3	*
BREAD-----	264	8.7	3.1	49.7	81	2.4	0	.25	.20	2.4	0
OTHER BAKERY PRODUCTS-----	23	.6	.6	4.1	4	.1	*	.01	.01	.1	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	238	4.2	6.8	40.8	49	.7	70	.04	.05	.5	*
FLOUR-----	53	.7	1.2	10.0	23	.1	*	.01	.01	.1	0
CEREAL, PASTES-----	26	.7	.2	5.3	1	.1	*	.02	.01	.1	0
BREAD-----	9	.3	.1	1.9	3	.1	0	*	*	*	0
OTHER BAKERY PRODUCTS-----	134	2.2	4.6	21.2	19	.3	40	.01	.03	.2	*
SOUP, MIXTURES-----	17	.3	.7	2.5	3	*	20	*	*	.1	*
FATS, OILS-----	433	.3	48.4	1.0	7	*	950	*	*	*	*
BUTTER-----	51	*	5.7	*	1	.0	230	.00	.00	.0	0
MARGARINE-----	151	.1	17.0	.1	4	.0	690	.00	.00	.0	0
OIL, SALAD DRESSING-----	127	.1	14.0	.8	2	*	20	*	*	*	*
LARD-----	43	.0	4.8	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	62	*	6.9	.1	0	.0	*	.00	.00	.0	0
SUGAR, SWEETS-----	387	1.2	3.3	91.9	39	1.0	50	.02	.04	.2	3
SUGAR, SIRUP, JELLY, CANDY-----	348	1.0	3.3	82.0	37	1.0	20	.02	.04	.2	*
OTHER SWEETS--											
ADDED VITAMIN C-----	8	*	*	2.0	2	*	30	*	*	*	3
NO ADDED VITAMIN C-----	31	.2	*	7.9	1	*	*	*	*	*	*
OTHER FOOD-----	47	.4	.2	8.8	34	.9	*	.01	.05	4.3	0
ALCOHOLIC BEVERAGE-----	17	.1	.0	1.0	1	*	0	*	.01	.1	0
SOME NUTRITIVE VALUE-----	30	.3	.2	7.8	32	.9	*	.01	.05	4.2	0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

WEST
WEST
WEST

RURAL FARM
RURAL FARM
RURAL FARM

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	3,286	112.5	163.3	348.7	1,231	19.9	7,490	1.52	2.54	26.0	112
MILK, CREAM, CHEESE-----	502	26.9	28.4	35.6	811	.3	1,130	.20	1.12	.7	6
MILK-----	330	18.7	16.8	26.6	631	.1	670	.16	.91	.6	6
CREAM, ICE CREAM-----	87	1.8	6.0	6.8	59	*	230	.02	.09	*	1
CHEESE-----	74	6.1	5.1	.9	113	.2	210	.01	.11	*	0
SOUP, MIXTURES-----	11	.4	.5	1.2	7	.1	20	.01	.01	.1	*
MEAT, POULTRY, FISH-----	759	45.5	62.3	.6	33	6.3	740	.28	.50	9.5	*
BEEF-----	417	27.1	33.3	*	16	4.0	50	.07	.22	5.2	0
BACON, SALT PORK-----	113	1.4	11.8	.2	2	.2	0	.03	.02	.3	0
OTHER PORK-----	96	4.4	8.6	.0	3	.7	0	.12	.05	.9	0
LIVER-----	3	.5	.1	.1	*	.3	440	*	.06	.3	*
LUNCHMEAT, FRANKFURTERS-----	41	2.0	3.6	.2	1	.3	50	.03	.04	.5	0
OTHER MEAT-----	11	1.1	.7	*	1	.1	0	.01	.02	.3	0
POULTRY-----	51	6.2	2.8	.0	4	.6	150	.02	.08	1.5	0
FISH, SHELLFISH-----	26	2.9	1.5	.1	6	.2	50	.01	.02	.7	*
OTHER PROTEIN FOOD-----	191	12.1	12.9	7.0	51	2.2	780	.12	.21	1.5	*
EGGS-----	101	8.0	7.2	.6	34	1.4	730	.06	.18	.1	0
DRY LEGUMES-----	23	1.4	.3	4.0	9	.4	10	.02	.01	.1	*
NUTS, PEANUT BUTTER-----	59	2.3	5.1	1.8	7	.2	*	.04	.01	1.3	*
SOUP, MIXTURES-----	7	.4	.3	.6	1	.1	30	*	.01	.1	*
ALL VEGETABLES-----	184	6.0	1.9	38.8	68	2.7	3,290	.20	.16	3.0	41
POTATOES-----	87	2.1	1.0	17.9	8	.6	*	.08	.04	1.5	12
DARK GREEN-----	2	.2	*	.4	8	.2	460	*	.01	*	3
DEEP YELLOW-----	13	.3	.1	3.1	7	.1	1,720	.01	.01	.1	2
TOMATOES-----	20	.7	.2	4.4	6	.4	550	.03	.02	.5	9
OTHER-----	56	2.5	.5	12.3	38	1.3	410	.07	.08	.7	15
SOUP, MIXTURES-----	5	.3	.1	.8	1	*	150	*	*	.1	*
ALL FRUIT-----	185	1.7	1.2	45.7	46	1.2	500	.14	.09	.9	58
CITRUS-----	54	.9	.2	13.4	26	.4	180	.09	.03	.4	50
OTHER VITAMIN C-RICH-----	1	*	*	.1	*	*	*	*	*	*	*
OTHER-----	131	.9	1.0	32.2	20	.8	330	.06	.06	.6	7
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

WEST
WEST

RURAL FARM
RURAL FARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	475	14.4	4.0	94.9	104	4.6	20	.51	.32	4.4	1
FLOUR-----	158	4.5	.5	33.1	24	1.3	0	.15	.11	1.4	0
CEREAL, PASTES-----	132	3.8	1.0	27.6	21	1.7	*	.18	.07	1.4	*
BREAD-----	160	5.4	1.9	30.2	52	1.5	0	.15	.12	1.5	0
OTHER BAKERY PRODUCTS-----	24	.7	.7	3.9	7	.2	20	.02	.02	.2	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	212	4.2	5.9	36.2	41	.7	50	.05	.05	.6	*
FLOUR-----	46	.6	1.0	9.0	17	.1	*	.01	.01	.1	0
CEREAL, PASTES-----	14	.4	.1	2.8	1	.1	*	.01	*	.1	0
BREAD-----	24	.7	.3	4.7	7	.1	*	.01	.01	.1	0
OTHER BAKERY PRODUCTS-----	109	1.8	3.7	17.2	14	.3	20	.01	.02	.2	0
SOUP, MIXTURES-----	19	.5	.7	2.6	3	.1	20	.01	.01	.1	*
FATS, OILS-----	403	.4	44.6	1.6	8	*	880	*	*	*	*
BUTTER-----	57	*	6.4	*	2	.0	260	.00	.00	.0	0
MARGARINE-----	128	.1	14.4	.1	4	.0	590	.00	.00	.0	0
OIL, SALAD DRESSING-----	123	.2	13.3	1.3	2	*	30	*	*	*	*
LARD-----	33	*	3.7	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	61	*	6.8	.2	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	325	1.0	1.9	79.3	30	.8	90	.02	.03	.2	6
SUGAR, SIRUP, JELLY, CANDY-----	276	.6	1.8	66.9	23	.8	10	.02	.03	.2	*
OTHER SWEETS-----	9	*	*	2.3	5	*	90	*	*	*	5
ADDED VITAMIN C-----	40	.3	*	10.0	2	*	*	*	*	*	*
NO ADDED VITAMIN C-----											
OTHER FOOD-----	50	.3	.2	8.9	39	1.0	*	*	.05	5.1	0
ALCOHOLIC BEVERAGE-----	19	.1	.0	1.0	1	*	0	*	.01	.1	0
SOME NUTRITIVE VALUE-----	31	.2	.2	7.9	38	1.0	*	*	.05	4.9	0

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON

WEST

RURAL FARM

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

WEST

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	709	36.8	47.0	34.8	297	5.1	2,040	.28	.75	6.4	18
MILK, CREAM, CHEESE-----	147	7.5	8.8	10.0	244	*	360	.06	.35	.2	2
MILK-----	128	7.0	7.0	9.7	233	*	280	.06	.34	.2	2
CREAM, ICE CREAM-----	15	.1	1.5	.2	4	.0	60	*	.01	*	*
CHEESE-----	4	.4	.3	*	7	*	10	*	.01	*	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
MEAT, POULTRY, FISH-----	395	24.7	32.0	.2	16	3.6	580	.12	.27	5.1	*
BEEF-----	300	18.7	24.3	.0	11	2.8	40	.05	.15	3.6	0
BACON, SALT PORK-----	21	.3	2.2	*	*	*	0	*	*	*	0
OTHER PORK-----	34	1.8	2.9	*	1	.3	0	.05	.02	.4	0
LIVER-----	2	.3	.1	.1	*	.1	490	*	.05	.2	*
LUNCHMEAT, FRANKFURTERS-----	1	.1	.1	*	*	*	*	*	*	*	0
OTHER MEAT-----	13	1.2	.9	*	1	.1	0	.01	.02	.3	0
POULTRY-----	19	1.8	1.2	*	1	.2	50	*	.02	.5	0
FISH, SHELLFISH-----	5	.5	.2	*	1	*	10	*	*	.1	0
OTHER PROTEIN FOOD-----	34	2.6	2.4	.3	11	.5	230	.02	.06	*	*
EGGS-----	32	2.5	2.3	.2	11	.5	230	.02	.06	*	0
DRY LEGUMES-----	1	*	*	.1	*	*	*	*	*	*	0
NUTS, PEANUT BUTTER-----	2	*	.2	*	*	*	*	*	*	*	*
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	0
ALL VEGETABLES-----	49	1.7	.2	11.1	17	.7	660	.06	.05	.9	11
POTATOES-----	23	.6	*	5.1	2	.2	*	.02	.01	.4	4
DARK GREEN-----	*	*	*	.1	1	*	40	*	*	*	1
DEEP YELLOW-----	2	.1	*	.5	1	*	360	*	*	*	*
TOMATOES-----	3	.1	*	.6	1	.1	120	.01	*	.1	3
OTHER-----	21	.9	.2	4.8	11	.4	160	.03	.03	.3	4
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*
ALL FRUIT-----	28	.2	.2	6.9	7	.2	160	.01	.02	.1	3
CITRUS-----	*	*	*	.1	*	*	*	*	*	*	*
OTHER VITAMIN C-RICH-----	1	*	*	.3	*	*	20	*	*	*	1
OTHER-----	27	.2	.2	6.6	7	.2	140	.01	.01	.1	2
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

WEST

RURAL FARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	*	*	*	*	*	*	0	*	*	*	0
FLOUR-----	*	*	*	*	*	*	0	*	*	*	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FATS, OILS-----	30	*	3.4	*	*	*	50	.00	.00	.0	0
BUTTER-----	10	*	1.1	*	*	.0	50	.00	.00	.0	0
MARGARINE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OIL, SALID DRESSING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
LARD-----	21	*	2.3	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	24	*	*	6.3	2	.1	*	*	*	*	*
SUGAR, SIRUP, JELLY, CANDY-----	24	*	*	6.3	2	.1	*	*	*	*	*
OTHER SWEETS--											
ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NO ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER FOOD-----	1	*	.0	.1	*	*	0	*	*	*	0
ALCOHOLIC BEVERAGE-----	1	*	.0	*	*	*	0	*	*	*	0
SOME NUTRITIVE VALUE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON

WEST

RURAL FARM

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

WEST

RURAL FARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA-MIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	691	37.6	46.8	29.6	288	5.1	1,910	.27	.75	6.0	14
MILK, CREAM, CHEESE-----	138	7.1	8.1	9.6	230	*	330	.06	.33	.2	2
MILK-----	120	6.7	6.4	9.3	224	*	260	.06	.32	.2	2
CREAM, ICE CREAM-----	16	.1	1.7	.2	5	.0	70	*	*	*	*
CHEESE-----	2	.3	*	*	2	*	*	*	*	*	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
MEAT, POULTRY, FISH-----	386	24.8	31.0	.1	15	3.5	550	.14	.27	5.1	*
BEEF-----	282	18.0	22.7	.0	11	2.7	30	.05	.15	3.4	0
BACON, SALT PORK-----	16	.2	1.7	*	*	*	0	*	*	*	0
OTHER PORK-----	53	2.7	4.5	*	2	.4	0	.07	.03	.5	0
LIVER-----	2	.3	*	*	*	.1	440	*	.04	.2	*
LUNCHMEAT, FRANKFURTERS-----	*	*	*	*	*	*	*	*	*	*	0
OTHER MEAT-----	7	.9	.3	*	*	*	0	*	.02	.2	0
POULTRY-----	23	2.2	1.5	*	1	.2	70	*	.03	.6	0
FISH, SHELLFISH-----	4	.5	.2	.0	1	*	*	*	*	*	0
OTHER PROTEIN FOOD-----	57	4.4	4.0	.6	19	.8	390	.03	.10	*	*
EGGS-----	54	4.3	3.8	.3	18	.8	390	.03	.09	*	0
DRY LEGUMES-----	2	.1	*	.3	*	*	*	*	*	*	0
NUTS, PEANUT BUTTER-----	2	*	.2	*	*	*	*	*	*	*	*
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	0
ALL VEGETABLES-----	31	1.1	.1	7.1	13	.5	440	.03	.03	.5	7
POTATOES-----	16	.4	*	3.6	2	.1	*	.02	*	.3	3
DARK GREEN-----	*	*	*	*	2	*	120	*	*	*	*
DEEP YELLOW-----	*	*	*	.1	*	*	150	*	*	*	*
TOMATOES-----	*	*	*	.2	*	*	30	*	*	*	*
OTHER-----	13	.5	*	3.1	9	.3	150	.02	.02	.2	3
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*
ALL FRUIT-----	25	.2	*	6.4	9	.2	140	*	.02	.1	5
CITRUS-----	*	*	*	.2	*	*	*	*	*	*	*
OTHER VITAMIN C-RICH-----	2	*	*	.5	*	*	*	*	*	*	2
OTHER-----	22	.2	*	5.6	7	.2	130	*	.01	.1	2
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

† SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

WEST

RURAL FARM

FOOD GROUP ‡	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIA- MIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	*	*	*	*	*	*	0	*	*	*	0
FLOUR-----	*	*	*	*	*	*	0	*	*	*	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FATS, OILS-----	31	*	3.5	*	*	*	70	.00	.00	.0	0
BUTTER-----	15	*	1.7	*	*	.0	70	.00	.00	.0	0
MARGARINE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OIL, SALAD DRESSING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
LARD-----	16	*	1.7	*	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	22	*	*	5.7	2	.1	*	*	*	*	*
SUGAR, SIRUP, JELLY, CANDY-----	22	*	*	5.7	2	.1	*	*	*	*	*
OTHER SWEETS--											
ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NO ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER FOOD-----	*	*	.0	*	*	.0	0	*	*	*	0
ALCOHOLIC BEVERAGE-----	*	*	.0	*	*	.0	0	*	*	*	0
SOME NUTRITIVE VALUE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED
TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

WEST
WEST

RURAL FARM
RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	628	32.7	40.9	33.2	234	5.0	2,060	.25	.63	6.1	22
MILK, CREAM, CHEESE-----	111	5.6	7.0	6.8	181	*	290	.04	.25	.2	2
MILK-----	89	4.7	5.0	6.6	158	*	200	.04	.23	.1	1
CREAM, ICE CREAM-----	11	.1	1.2	.1	3	.0	50	*	*	*	*
CHEESE-----	11	.7	.8	.1	20	*	30	*	.01	*	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
MEAT, POULTRY, FISH-----	372	22.8	30.4	.2	14	3.3	680	.09	.26	4.6	*
BEEF-----	309	18.7	25.4	.0	11	2.8	40	.05	.15	3.6	0
BACON, SALT PORK-----	13	.2	1.4	*	*	*	0	*	*	*	0
OTHER PORK-----	16	.9	1.3	.0	*	.1	0	.02	.01	.2	0
LIVER-----	3	.4	.1	.1	*	.1	610	*	.05	.2	*
LUNCHMEAT, FRANKFURTERS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER MEAT-----	13	1.0	1.0	*	*	.1	0	.01	.02	.3	0
POULTRY-----	17	1.4	1.2	.0	1	.1	30	*	.02	.4	0
FISH, SHELLFISH-----	2	.3	*	*	1	*	*	*	*	*	0
OTHER PROTEIN FOOD-----	21	1.6	1.5	.1	7	.3	150	.01	.04	*	0
EGGS-----	21	1.6	1.5	.1	7	.3	150	.01	.04	*	0
DRY LEGUMES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NUTS, PEANUT BUTTER-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALL VEGETABLES-----	64	2.5	.4	14.4	24	1.0	700	.09	.07	1.2	17
POTATOES-----	22	.6	*	5.0	2	.2	0	.02	.01	.4	4
DARK GREEN-----	*	*	*	.1	*	*	10	*	*	*	1
DEEP YELLOW-----	1	*	*	.3	1	*	230	*	*	*	*
TOMATOES-----	5	.2	*	1.0	3	.1	190	.01	.01	.1	4
OTHER-----	36	1.6	.3	8.0	18	.7	270	.05	.05	.6	8
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALL FRUIT-----	19	.2	.1	4.8	7	.2	220	.01	.01	.1	3
CITRUS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER VITAMIN C-RICH-----	*	*	*	.1	*	*	50	*	*	*	1
OTHER-----	18	.2	.1	4.7	6	.2	170	.01	.01	.1	2
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

RURAL FARM

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

WEST

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
GRAIN, NOT ENRICHED OR WHOLE GRAIN---	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FATS, OILS-----	14	*	1.6	*	*	.0	20	.00	.00	.0	0
BUTTER-----	5	*	.5	*	*	.0	20	.00	.00	.0	0
MARGARINE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OIL, SALAD DRESSING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
LARD-----	10	.0	1.1	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	27	*	*	7.0	2	.1	*	*	*	*	*
SUGAR, SIRUP, JELLY, CANDY-----	27	*	*	7.0	2	.1	*	*	*	*	*
OTHER SWEETS---											
ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NO ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER FOOD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALCOHOLIC BEVERAGE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOME NUTRITIVE VALUE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

WEST

RURAL FARM

FOOD GROUP †	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	824	42.6	55.1	39.5	378	5.4	2,500	.32	.89	7.2	19
MILK, CREAM, CHEESE-----	195	9.9	11.5	13.6	326	*	470	.09	.47	.3	3
MILK-----	181	9.6	10.2	13.5	322	*	410	.09	.47	.3	3
CREAM, ICE CREAM-----	13	.1	1.3	.1	3	.0	60	*	*	*	*
CHEESE-----	1	.2	*	*	1	*	*	*	*	*	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
MEAT, POULTRY, FISH-----	448	28.0	36.4	.1	18	3.9	600	.14	.30	5.8	*
BEEF-----	336	20.7	27.4	.0	12	3.1	40	.05	.17	4.0	0
BACON, SALT PORK-----	24	.3	2.5	*	*	*	0	.01	*	.1	0
OTHER PORK-----	38	2.1	3.2	*	1	.3	0	.05	.02	.4	0
LIVER-----	2	.3	.1	.1	*	.1	490	*	.04	.2	*
LUNCHMEAT, FRANKFURTERS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER MEAT-----	20	1.8	1.4	*	1	.2	0	.01	.04	.5	0
POULTRY-----	20	2.0	1.3	.0	1	.2	60	*	.02	.5	0
FISH, SHELLFISH-----	7	.8	.4	.0	2	*	10	*	.01	.2	0
OTHER PROTEIN FOOD-----	34	2.7	2.5	.2	11	.5	240	.02	.06	*	0
EGGS-----	33	2.6	2.4	.2	11	.5	240	.02	.06	*	0
DRY LEGUMES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NUTS, PEANUT BUTTER-----	1	*	.1	*	*	*	0	*	*	*	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALL VEGETABLES-----	55	1.8	.2	12.4	15	.7	1,030	.06	.04	1.0	12
POTATOES-----	28	.8	*	6.3	3	.2	0	.03	.01	.6	4
DARK GREEN-----	*	*	*	.1	*	*	10	*	*	*	1
DEEP YELLOW-----	4	.1	*	1.1	3	.1	760	*	.01	.1	1
TOMATOES-----	4	.2	*	.9	2	.1	170	.01	.01	.1	4
OTHER-----	18	.7	.1	4.1	7	.3	90	.02	.02	.2	3
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALL FRUIT-----	31	.2	.2	7.8	5	.2	130	.01	.01	.1	3
CITRUS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER VITAMIN C-RICH-----	1	*	*	.3	1	*	*	*	*	*	1
OTHER-----	30	.2	.2	7.4	4	.2	130	.01	.01	.1	2
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

WEST

RURAL FARM

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

WEST

RURAL FARM

FOOD GROUP *	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FATS, OILS-----	39	*	4.3	*	*	.0	40	.00	.00	.0	0
BUTTER-----	8	*	.9	*	*	.0	40	.00	.00	.0	0
MARGARINE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OIL, SALAD DRESSING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
LARD-----	31	.0	3.4	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	20	*	*	5.2	2	.1	*	*	*	*	*
SUGAR, SIRUP, JELLY, CANDY-----	20	*	*	5.2	2	.1	*	*	*	*	*
OTHER SWEETS--											
ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NO ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER FOOD-----	2	*	.0	.1	*	*	0	.00	*	*	0
ALCOHOLIC BEVERAGE-----	2	*	.0	.1	*	*	0	.00	*	*	0
SOME NUTRITIVE VALUE-----	*	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

WEST

RURAL FARM

FOOD GROUP # (1)	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS-----	703	34.2	46.0	38.4	298	4.7	1,590	.26	.72	6.0	13
MILK, CREAM, CHEESE-----	151	7.7	8.9	10.5	252	*	360	.07	.37	.2	2
MILK-----	130	7.3	6.8	10.2	244	.0	280	.07	.36	.2	2
CREAM, ICE CREAM-----	20	.2	2.0	.3	7	.0	80	*	.01	*	*
CHEESE-----	1	.2	*	*	1	*	*	*	*	*	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
MEAT, POULTRY, FISH-----	372	23.4	30.0	.2	16	3.4	460	.12	.27	4.8	*
BEEF-----	263	17.2	21.0	.0	10	2.5	30	.04	.14	3.3	0
BACON, SALT PORK-----	35	.4	3.6	.1	1	.1	0	.01	.01	.1	0
OTHER PORK-----	33	1.7	2.9	.0	1	.3	0	.05	.02	.3	0
LIVER-----	3	.4	.1	.1	*	.3	360	*	.06	.2	*
LUNCHMEAT, FRANKFURTERS-----	6	.4	.5	*	*	.1	0	.01	*	.1	0
OTHER MEAT-----	11	1.1	.7	*	1	.1	0	.01	.02	.3	0
POULTRY-----	14	1.6	.8	.0	1	.2	50	*	.02	.4	0
FISH, SHELLFISH-----	6	.6	.4	.0	2	*	20	*	.01	.1	0
OTHER PROTEIN FOOD-----	22	1.4	1.7	.3	7	.3	120	.01	.03	*	*
EGGS-----	17	1.3	1.2	.1	5	.2	120	.01	.03	*	0
DRY LEGUMES-----	1	*	*	.1	*	*	0	*	*	*	0
NUTS, PEANUT BUTTER-----	5	.1	.5	.1	1	*	*	*	*	*	*
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALL VEGETABLES-----	43	1.4	.2	9.8	13	.6	440	.04	.03	.7	8
POTATOES-----	25	.7	*	5.7	2	.2	0	.03	.01	.5	4
DARK GREEN-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
DEEP YELLOW-----	3	.1	*	.7	2	*	310	*	*	*	*
TOMATOES-----	1	.1	*	.3	*	*	60	*	*	*	1
OTHER-----	14	.6	.1	3.2	8	.3	80	.01	.01	.2	2
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
ALL FRUIT-----	42	.3	.5	9.9	8	.2	150	.01	.02	.2	2
CITRUS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER VITAMIN C-RICH-----	1	*	*	.1	*	*	*	*	*	*	*
OTHER-----	41	.3	.5	9.8	8	.2	150	.01	.02	.2	2
MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

WEST

RURAL FARM

FOOD GROUP #	AVERAGE PER DAY										
	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
GRAIN, ENRICHED OR WHOLE GRAIN-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FLOUR-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
CEREAL, PASTES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
BREAD-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER BAKERY PRODUCTS-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SOUP, MIXTURES-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
FATS, OILS-----	43	*	4.8	*	*	.0	60	.00	.00	.0	0
BUTTER-----	12	*	1.4	*	*	.0	60	.00	.00	.0	0
MARGARINE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OIL, SALAD DRESSING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
LARD-----	31	*	3.4	.0	0	.0	0	.00	.00	.0	0
VEGETABLE SHORTENING-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
SUGAR, SWEETS-----	29	*	*	7.5	2	.1	*	*	*	*	*
SUGAR, SIRUP, JELLY, CANDY-----	29	*	*	7.5	2	.1	*	*	*	*	*
OTHER SWEETS--											
ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
NO ADDED VITAMIN C-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0
OTHER FOOD-----	1	*	.0	.1	*	.0	0	*	*	*	0
ALCOHOLIC BEVERAGE-----	1	*	.0	.1	*	.0	0	*	*	*	0
SOME NUTRITIVE VALUE-----	0	.0	.0	.0	0	.0	0	.00	.00	.0	0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

ALL ORGANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,084	104.9	148.7	333.8	1,125	19.0	7,860	1.50	2.38	24.7	1.03	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.2	14.0	22.3	15.8	9.7	64.2	1.8	12.3	11.8	41.2	2.7	5.7
MILK-----	7.9	9.0	15.3	9.1	6.9	48.6	.4	6.9	9.5	32.9	2.0	4.6
CREAM, ICE CREAM-----	2.2	2.4	1.6	3.0	2.2	4.8	.2	2.3	1.0	3.3	.2	.5
CHEESE-----	2.5	2.2	4.9	3.2	.2	9.6	.9	2.5	.5	4.1	.1	.0
SOUP, MIXTURES-----	.6	.5	.4	.4	.4	1.2	.3	.6	.7	.9	.4	.7
MEAT, POULTRY, FISH-----	31.7	21.9	40.5	36.5	.2	2.7	30.1	13.7	20.0	21.6	37.4	.6
BEEF-----	15.0	10.1	19.7	16.6	*	1.1	16.2	.4	3.7	7.1	15.9	.0
BACON, SALT PORK-----	1.7	2.9	1.1	6.2	*	.2	.8	.0	1.4	.6	.8	.0
OTHER PORK-----	4.7	3.1	4.9	5.6	*	.3	4.0	.0	9.3	2.4	4.1	.0
LIVER-----	.3	.1	.6	.1	*	*	1.3	10.1	.3	3.6	1.3	.0
LUNCHMEAT, FRANKFURTERS-----	2.7	2.3	3.0	4.1	.1	.2	2.6	.7	3.0	2.5	2.5	.0
OTHER MEAT-----	1.5	.6	1.6	.9	*	.1	.9	*	.6	1.1	1.7	*
POULTRY-----	3.5	1.8	6.6	2.0	*	.4	3.3	2.1	1.2	3.3	7.0	*
FISH, SHELLFISH-----	2.3	.9	3.1	1.1	*	.5	.9	.3	.5	.6	3.7	*
OTHER PROTEIN FOOD-----	5.3	5.7	10.4	7.5	2.5	4.0	10.4	7.9	6.5	7.2	6.3	.4
EGGS-----	2.8	2.5	5.7	3.6	.1	2.2	5.7	7.0	2.9	5.6	.2	.0
DRY LEGUMES-----	.4	.9	1.7	.2	1.5	.9	2.9	.1	1.6	.5	.7	.1
NUTS, PEANUT BUTTER-----	1.0	1.8	2.0	3.2	.5	.6	1.1	*	1.4	.5	4.6	*
SOUP, MIXTURES-----	.6	.4	.7	.4	.3	.2	.6	.6	.4	.4	.5	.1
ALL VEGETABLES-----	11.9	5.9	5.6	2.0	10.9	6.0	13.8	44.1	13.4	6.9	11.9	42.1
POTATOES-----	2.0	2.7	1.7	1.3	4.6	.7	2.9	*	4.3	1.3	5.4	9.1
DARK GREEN-----	.6	.1	.3	*	.2	.8	1.0	6.7	.5	.6	.3	5.3
DEEP YELLOW-----	.6	.4	.2	*	.8	.5	.7	20.7	.6	.4	.4	1.4
TOMATOES-----	2.1	.8	.8	.2	1.5	.7	2.7	8.3	2.7	1.1	2.4	10.9
OTHER-----	6.0	1.8	2.4	.3	3.6	3.3	6.3	6.5	5.1	3.3	3.1	15.0
SOUP, MIXTURES-----	.5	.2	.3	.1	.3	.1	.3	1.9	.2	.2	.3	.3
ALL FRUIT-----	8.3	4.6	1.4	.4	10.7	2.8	5.7	9.4	7.6	3.0	3.3	45.9
CITRUS-----	2.5	1.2	.6	.1	2.8	1.4	1.2	1.8	4.3	.8	1.1	34.9
OTHER VITAMIN C-RICH-----	.5	.1	.1	*	.3	.1	.3	2.9	.2	.2	.2	4.0
OTHER-----	5.3	3.3	.7	.3	7.6	1.2	4.2	4.7	3.0	2.0	2.0	7.0
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

ALL ORGANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.7	16.0	14.1	3.2	29.2	10.5	26.4	.2	35.9	14.5	18.4	.5
FLOUR-----	.6	3.7	3.0	.3	7.0	1.8	4.8	*	7.2	3.3	3.8	.0
CEREAL, PASTES-----	2.4	4.8	3.9	.6	9.2	2.4	10.8	.1	14.4	4.0	6.2	.3
BREAD-----	3.0	6.4	6.3	1.6	11.2	5.5	9.6	*	12.5	6.2	7.4	.0
OTHER BAKERY PRODUCTS-----	.7	1.2	.9	.6	1.9	.7	1.2	.1	1.8	1.0	.9	.2
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.2	7.9	4.3	5.2	12.0	3.7	3.9	1.1	3.2	2.4	2.4	.3
FLOUR-----	.5	1.1	.4	.6	2.0	1.0	.3	*	.2	.3	.2	*
CEREAL, PASTES-----	.2	.5	.4	.1	1.0	.1	.4	*	.6	.1	.3	*
BREAD-----	.5	.7	.6	.1	1.3	.6	.6	*	.7	.3	.4	.0
OTHER BAKERY PRODUCTS-----	2.9	4.6	2.1	3.6	6.5	1.6	2.0	.4	1.2	1.2	1.1	*
SOUP, MIXTURES-----	1.1	.9	.7	.7	1.2	.5	.6	.7	.5	.4	.5	.3
FATS, OILS-----	3.3	12.2	.3	28.1	.4	.6	.2	10.6	.1	.2	*	*
BUTTER-----	.9	1.6	*	3.7	*	.1	.0	2.9	.0	.0	.0	.0
MARGARINE-----	.9	4.1	.1	9.6	*	.3	.0	7.4	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.1	4.1	.1	9.4	.3	.2	.2	.3	.1	.2	*	*
LARD-----	.1	.5	*	1.2	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.4	1.8	*	4.1	.1	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.7	9.6	.9	1.2	21.8	2.2	3.2	.6	1.1	1.0	.7	4.5
SUGAR, SIRUP, JELLY, CANDY-----	3.1	7.6	.5	1.1	17.0	1.8	3.0	.1	.9	.9	.6	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.4	.4	*	*	1.0	.3	.1	.5	.2	.1	.1	4.0
NO ADDED VITAMIN C-----	2.2	1.6	.3	*	3.7	.1	.1	*	*	.1	*	.2
OTHER FOOD-----	8.7	2.0	.3	.1	2.6	3.3	4.5	.1	.3	2.2	16.9	.0
ALCOHOLIC BEVERAGE-----	4.9	1.2	.1	.0	.6	.2	.1	.0	*	.6	1.0	.0
SOME NUTRITIVE VALUE-----	2.9	.8	.1	.1	2.0	3.1	4.4	.1	.3	1.7	15.9	.0
NO NUTRITIVE VALUE-----	1.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

ALL ORGANIZATIONS

FOOD GROUP #	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3.133	108.0	151.6	335.9	1,116	19.4	7.910	1.54	2.40	25.0	105	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.6	13.5	21.1	15.1	9.5	62.6	1.8	11.9	11.2	39.5	2.6	5.4
MILK-----	7.4	8.4	14.2	8.4	6.6	46.8	.4	6.5	8.8	31.2	1.9	4.3
CREAM, ICE CREAM-----	2.2	2.5	1.6	3.2	2.2	5.1	.2	2.4	1.1	3.4	.2	.4
CHEESE-----	2.4	2.1	4.8	3.1	.2	9.5	.9	2.4	.5	4.0	.1	.6
SOUP, MIXTURES-----	.6	.4	.5	.4	.4	1.3	.4	.6	.8	.9	.4	.7
MEAT, POULTRY, FISH-----	31.4	23.0	41.7	38.4	.3	3.0	31.3	14.7	22.1	23.0	38.7	.7
BEEF-----	14.3	10.0	19.3	16.3	*	1.1	15.9	.4	3.6	7.1	15.8	.0
BACON, SALT PORK-----	1.7	3.3	1.2	7.2	*	.2	1.0	.0	1.6	.7	1.0	.0
OTHER PORK-----	5.1	3.8	5.9	6.6	*	.3	4.9	.0	11.2	2.9	5.1	.0
LIVER-----	.3	.2	.6	*	*	*	1.4	11.0	.3	3.9	1.4	.6
LUNCHMEAT, FRANKFURTERS-----	2.7	2.4	3.3	4.4	.1	.2	2.8	.8	3.2	2.7	3.1	.0
OTHER MEAT-----	1.3	.7	1.6	1.0	*	.1	.9	*	.6	1.0	1.7	*
POULTRY-----	3.5	1.7	6.6	1.7	*	.4	3.4	2.2	1.1	4.1	6.9	*
FISH, SHELLFISH-----	2.4	1.0	3.3	1.1	*	.6	1.0	.3	.6	.7	3.8	*
OTHER PROTEIN FOOD-----	5.3	5.8	10.7	7.5	2.6	4.2	10.8	8.2	6.8	7.5	6.2	.4
EGGS-----	2.7	2.6	5.9	3.8	.1	2.4	5.9	7.4	2.9	5.9	.2	.0
DRY LEGUMES-----	.5	1.0	1.8	.2	1.6	1.0	3.1	.1	1.8	.6	.7	.1
NUTS, PEANUT BUTTER-----	1.0	1.7	1.9	3.0	.5	.5	1.1	*	1.5	.5	4.5	*
SOUP, MIXTURES-----	.7	.4	.8	.4	.3	.2	.6	.6	.4	.4	.5	.1
ALL VEGETABLES-----	12.1	5.5	5.2	1.9	10.2	6.2	13.2	44.1	12.5	6.7	11.2	39.2
POTATOES-----	2.2	2.5	1.6	1.2	4.3	.6	2.7	*	4.0	1.2	5.0	8.4
DARK GREEN-----	.6	.1	.3	*	.2	.9	1.1	8.4	.6	.7	.3	4.9
DEEP YELLOW-----	.6	.3	.2	*	.6	.5	.6	19.7	.5	.3	.4	1.1
TOMATOES-----	2.0	.7	.7	.1	1.4	.6	2.5	7.5	2.4	1.0	2.2	9.6
OTHER-----	6.2	1.7	2.2	.3	3.5	3.3	6.1	6.6	4.9	3.3	3.0	14.9
SOUP, MIXTURES-----	.5	.2	.3	.1	.3	.2	.3	1.7	.2	.2	.3	.3
ALL FRUIT-----	8.5	4.4	1.3	.4	10.3	3.0	5.5	8.4	7.2	2.9	3.3	49.1
CITRUS-----	2.7	1.3	.6	*	3.0	1.6	1.3	1.9	4.4	.9	1.1	36.4
OTHER VITAMIN C-RICH-----	.8	.2	*	*	.4	.2	.6	2.4	.3	.3	.3	6.6
OTHER-----	5.0	2.9	.6	.3	6.9	1.2	3.7	4.2	2.5	1.7	1.8	6.1
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST
WEST

ALL ORGANIZATIONS
ALL ORGANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.8	16.2	14.0	3.2	29.7	10.6	25.9	.3	35.7	14.6	18.5	.7
FLOUR-----	.6	3.3	2.7	.3	6.4	1.6	4.3	*	6.5	3.0	3.5	.0
CEREAL, PASTES-----	2.5	5.0	3.9	.6	9.7	2.3	10.6	.1	14.6	4.1	6.4	.5
BREAD-----	3.0	6.5	6.3	1.6	11.4	5.7	9.6	*	12.5	6.3	7.5	.0
OTHER BAKERY PRODUCTS-----	.8	1.3	1.1	.7	2.1	.9	1.4	.2	2.1	1.3	1.1	.3
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.4	8.3	4.5	5.3	12.8	4.2	4.0	1.0	3.4	2.5	2.6	.4
FLOUR-----	.5	1.2	.4	.6	2.1	1.1	.4	*	.2	.3	.2	*
CEREAL, PASTES-----	.2	.6	.4	*	1.1	*	.4	*	.6	.1	.3	.0
BREAD-----	.5	.8	.7	.1	1.4	.6	.7	*	.8	.3	.4	.0
OTHER BAKERY PRODUCTS-----	3.2	5.0	2.3	3.8	7.1	1.8	2.1	.4	1.3	1.4	1.2	*
SOUP, MIXTURES-----	1.0	.8	.6	.6	1.1	.5	.5	.5	.5	.4	.5	.3
FATS, OILS-----	3.2	11.7	.3	26.9	.4	.6	.2	10.6	.1	.2	*	*
BUTTER-----	.9	1.6	*	3.8	*	.1	.0	3.0	.0	.0	.0	.0
MARGARINE-----	.8	4.0	*	9.3	*	.3	.0	7.3	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.1	3.9	.1	8.8	.3	.2	.2	.3	.1	.2	*	*
LARD-----	*	.5	*	1.2	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.3	1.6	*	3.7	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.7	9.6	.8	1.2	21.8	2.3	2.9	.7	.9	.9	.6	4.1
SUGAR, SIRUP, JELLY, CANDY-----	2.9	7.6	.5	1.1	17.0	1.8	2.6	*	.7	.8	.5	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.4	.4	*	*	.9	.3	.1	.6	.2	*	*	3.6
NO ADDED VITAMIN C-----	2.4	1.6	.3	*	3.8	.2	.1	*	*	*	*	.3
OTHER FOOD-----	9.0	1.9	.3	.1	2.4	3.4	4.3	*	.3	2.0	16.3	.0
ALCOHOLIC BEVERAGE-----	5.2	1.1	.1	.0	.5	.2	.1	.0	*	.5	.9	.0
SOME NUTRITIVE VALUE-----	2.8	.8	.2	.1	1.9	3.2	4.2	*	.2	1.5	15.4	.0
NO NUTRITIVE VALUE-----	.9	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

ALL URBANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,049	102.0	148.2	328.1	1,082	18.2	7,940	1.45	2.34	24.4	104	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.9	13.7	22.2	15.3	9.5	64.4	1.8	11.6	11.5	40.1	2.5	5.2
MILK-----	7.5	8.6	15.0	8.6	6.6	48.0	.4	6.4	9.3	31.8	1.9	4.3
CREAM, ICE CREAM-----	2.4	2.6	1.8	3.2	2.4	5.4	.2	2.3	1.2	3.6	.2	.5
CHEESE-----	2.6	2.3	5.2	3.3	.2	10.3	.9	2.5	.5	4.2	.1	.0
SOUP, MIXTURES-----	.4	.3	.3	.3	.2	.7	.2	.4	.5	.5	.3	.4
MEAT, POULTRY, FISH-----	31.9	22.1	40.8	36.9	.3	2.7	30.9	13.8	20.4	21.7	37.3	.6
BEEF-----	14.9	10.1	19.9	16.6	.0	1.1	16.6	.4	3.7	7.0	15.8	.0
BACON, SALT PORK-----	1.9	3.1	1.2	6.7	*	.2	.9	.0	1.6	.6	.9	.0
OTHER PORK-----	4.5	2.9	4.8	5.1	*	.3	4.0	.0	9.2	2.3	4.0	.0
LIVER-----	.3	.1	.6	.1	*	*	1.3	10.3	.3	3.7	1.4	.6
LUNCHMEAT, FRANKFURTERS-----	3.0	2.5	3.4	4.5	.1	.2	3.0	.9	3.4	2.8	3.3	.0
OTHER MEAT-----	1.4	.6	1.4	.9	*	.1	.9	*	.6	1.2	1.5	*
POULTRY-----	3.3	1.7	6.0	1.8	*	.4	3.1	1.8	1.1	3.3	6.2	.0
FISH, SHELLFISH-----	2.7	1.1	3.7	1.3	*	.5	1.1	.3	.6	.7	4.3	*
OTHER PROTEIN FOOD-----	4.8	5.2	9.9	6.6	2.4	3.9	10.0	7.4	5.8	6.8	5.6	.4
EGGS-----	2.5	2.4	5.6	3.4	.1	2.2	5.6	6.6	2.8	5.4	.2	.0
DRY LEGUMES-----	.4	.9	1.6	.2	1.5	.9	2.8	.2	1.5	.5	.6	.1
NUTS, PEANUT BUTTER-----	.8	1.4	1.7	2.5	.4	.4	.8	*	1.0	.4	3.9	*
SOUP, MIXTURES-----	.6	.3	.6	.3	.3	.2	.5	.6	.4	.4	.4	.1
ALL VEGETABLES-----	12.1	6.2	5.9	2.3	11.3	6.2	14.5	37.9	14.4	7.3	12.4	44.0
POTATOES-----	2.3	2.9	1.8	1.6	4.7	.7	3.0	*	4.5	1.3	5.5	8.9
DARK GREEN-----	.6	.1	.3	*	.2	.7	.9	6.5	.5	.6	.4	6.5
DEEP YELLOW-----	.4	.2	.1	*	.4	.4	.5	14.1	.4	.2	.3	.8
TOMATOES-----	2.2	.8	.8	.2	1.6	.8	2.9	8.8	3.0	1.2	2.6	12.3
OTHER-----	6.0	2.0	2.6	.4	4.1	3.6	6.9	6.9	5.8	3.8	3.5	15.2
SOUP, MIXTURES-----	.5	.2	.3	.1	.3	.1	.3	1.7	.2	.2	.3	.3
ALL FRUIT-----	8.6	4.6	1.6	.4	10.7	2.8	6.3	17.0	7.6	3.3	4.0	43.3
CITRUS-----	1.9	1.0	.5	.1	2.2	.9	.9	1.4	3.5	.6	.8	27.0
OTHER VITAMIN C-RICH-----	.8	.2	.1	*	.5	.3	.5	7.1	.5	.3	.5	6.5
OTHER-----	5.9	3.4	1.0	.3	8.0	1.6	4.9	8.4	3.6	2.5	2.6	9.8
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

ALL URBANIZATIONS

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.3	15.4	13.8	2.9	28.3	10.3	24.7	.2	35.5	14.7	18.1	.4
FLOUR-----	.6	3.7	3.0	.4	7.1	1.9	4.9	*	7.4	3.3	3.9	.0
CEREAL, PASTES-----	2.3	4.5	3.7	.6	8.8	2.2	9.1	.1	14.4	4.4	6.4	.2
BREAD-----	2.9	6.3	6.3	1.5	11.0	5.6	9.6	.0	12.4	6.1	7.2	.0
OTHER BAKERY PRODUCTS-----	.6	.9	.7	.5	1.4	.6	1.0	.1	1.4	.8	.7	.2
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.1	7.9	4.4	5.2	11.9	3.8	3.9	1.0	3.2	2.5	2.4	.3
FLOUR-----	.4	1.0	.3	.5	1.7	.8	.3	*	.1	.2	.1	.0
CEREAL, PASTES-----	.2	.4	.3	*	.8	.1	.3	*	.4	.1	.2	*
BREAD-----	.5	.7	.7	.1	1.4	.6	.6	*	.8	.3	.4	.0
OTHER BAKERY PRODUCTS-----	2.9	4.8	2.3	3.8	6.8	1.7	2.1	.4	1.3	1.3	1.1	*
SOUP, MIXTURES-----	1.0	.9	.8	.7	1.2	.6	.6	.5	.5	.5	.5	.2
FATS, OILS-----	3.2	12.7	.3	29.2	.3	.7	.3	10.4	.1	.2	*	.1
BUTTER-----	.8	1.6	*	3.7	*	.1	.0	2.8	.0	.0	.0	.0
MARGARINE-----	.8	4.1	.1	9.6	*	.3	.0	7.3	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.1	4.5	.1	10.1	.3	.2	.3	.3	.1	.2	*	.1
LARD-----	.1	.6	*	1.3	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.4	2.0	*	4.5	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.9	9.9	.8	1.0	22.8	2.1	3.0	.6	1.1	.9	.6	5.7
SUGAR, SIRUP, JELLY, CANDY-----	2.8	7.5	.4	.9	16.9	1.5	2.7	.1	.7	.7	.5	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.5	.7	*	*	1.6	.4	.2	.5	.3	.1	.1	5.2
NO ADDED VITAMIN C-----	2.5	1.8	.4	.1	4.3	.2	.1	*	*	.1	*	.2
OTHER FOOD-----	9.3	2.2	.3	.2	2.6	3.2	4.6	.1	.4	2.4	17.0	.0
ALCOHOLIC BEVERAGE-----	5.3	1.4	.2	.0	.7	.3	.1	.0	*	.7	1.3	.0
SOME NUTRITIVE VALUE-----	2.8	.8	.1	.2	1.9	3.0	4.5	.1	.3	1.7	15.7	.0
NO NUTRITIVE VALUE-----	1.1	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

† SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

ALL ORGANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		3,239	109.6	155.7	353.7	1,178	20.0	8,350	1.57	2.47	25.8	103
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.5	14.2	22.3	16.1	9.6	64.6	1.8	12.4	11.8	41.5	2.7	6.0
MILK-----	8.1	9.1	15.4	9.3	6.9	48.6	.3	7.0	9.5	33.2	2.0	4.9
CREAM, ICE CREAM-----	2.1	2.4	1.5	3.0	2.1	4.7	.2	2.3	1.0	3.2	.2	.5
CHEESE-----	2.6	2.2	4.9	3.4	.2	10.0	.9	2.5	.5	4.1	.1	.3
SOUP, MIXTURES-----	.6	.5	.5	.4	.5	1.4	.4	.6	.8	1.0	.4	.7
MEAT, POULTRY, FISH-----	32.6	21.5	40.7	35.8	.2	2.6	29.7	12.9	19.4	21.4	37.9	.6
BEEF-----	15.7	10.1	19.9	16.6	*	1.1	16.3	.4	3.7	7.2	16.1	.0
BACON, SALT PORK-----	1.7	2.6	.9	5.5	*	.1	.7	.0	1.3	.5	.7	.0
OTHER PORK-----	4.7	3.1	4.6	5.6	*	.2	3.8	.0	8.8	2.3	3.9	.3
LIVER-----	.3	.1	.5	.1	*	*	1.2	9.4	.3	3.4	1.2	.8
LUNCHMEAT, FRANKFURTERS-----	2.5	2.0	2.7	3.7	.1	.1	2.3	.5	2.7	2.2	2.5	.1
OTHER MEAT-----	1.7	.7	1.9	.9	*	.1	.9	*	.8	1.3	2.0	*
POULTRY-----	4.1	2.2	7.5	2.5	*	.4	3.7	2.2	1.5	4.1	8.2	*
FISH, SHELLFISH-----	1.9	.8	2.6	.9	*	.4	.7	.3	.4	.5	3.1	*
OTHER PROTEIN FOOD-----	5.4	5.7	10.0	7.8	2.4	3.8	9.9	7.3	6.6	6.9	6.2	.4
EGGS-----	2.8	2.3	5.4	3.4	.1	2.1	5.3	6.5	2.7	5.3	.2	.0
DRY LEGUMES-----	.4	.8	1.5	.2	1.3	.8	2.6	.1	1.4	.5	.6	.1
NUTS, PEANUT BUTTER-----	1.3	2.0	2.2	3.7	.5	.6	1.3	*	1.8	.6	4.6	*
SOUP, MIXTURES-----	.6	.4	.6	.4	.3	.2	.5	.6	.4	.4	.5	.1
ALL VEGETABLES-----	11.5	6.0	5.6	1.9	10.9	6.2	13.8	48.3	13.5	6.9	11.9	45.8
POTATOES-----	1.8	2.7	1.8	1.3	4.6	.7	2.9	*	4.4	1.3	5.4	9.7
DARK GREEN-----	.6	.1	.3	*	.2	.8	1.0	6.6	.6	.6	.3	6.0
DEEP YELLOW-----	.8	.5	.3	*	1.1	.7	.9	25.7	.8	.5	.6	2.1
TOMATOES-----	2.3	.8	.8	.2	1.6	.7	2.8	8.5	2.8	1.2	2.5	12.1
OTHER-----	5.6	1.7	2.2	.3	3.4	3.1	5.9	5.7	4.7	3.0	2.8	15.6
SOUP, MIXTURES-----	.4	.2	.2	.1	.2	.1	.3	1.7	.2	.1	.3	.3
ALL FRUIT-----	8.1	4.8	1.3	.4	11.1	2.4	5.6	6.8	7.3	2.7	3.0	41.6
CITRUS-----	2.3	1.1	.5	.1	2.5	1.1	1.0	1.6	3.9	.7	1.0	33.1
OTHER VITAMIN C-RICH-----	.2	.1	*	*	.2	.1	.2	1.9	.1	.1	.1	2.1
OTHER-----	5.5	3.6	.7	.3	8.5	1.2	4.5	3.2	3.2	2.0	1.9	6.5
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

ALL URBANIZATIONS

FOOD GROUP +	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.7	16.3	14.4	3.2	29.4	10.3	27.3	.2	36.5	14.6	18.5	.3
FLOUR-----	.7	4.3	3.5	.4	8.1	1.9	5.6	*	8.5	3.9	4.5	.0
CEREAL, PASTES-----	2.3	4.7	4.0	.7	8.8	2.5	11.5	.1	14.4	4.0	6.0	.3
BREAD-----	2.9	6.1	6.1	1.5	10.5	5.3	9.1	.0	11.9	5.9	7.1	.0
OTHER BAKERY PRODUCTS-----	.7	1.2	.9	.6	1.8	.6	1.1	.1	1.7	.9	.9	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.1	7.8	4.1	5.2	11.6	3.5	3.8	1.4	3.1	2.3	2.3	.3
FLOUR-----	.5	1.1	.4	.6	1.9	1.0	.4	*	.2	.3	.2	.0
CEREAL, PASTES-----	.2	.6	.4	.1	1.1	.1	.4	*	.6	.1	.3	.0
BREAD-----	.5	.7	.6	.1	1.2	.5	.6	*	.7	.3	.4	.0
OTHER BAKERY PRODUCTS-----	2.8	4.4	2.0	3.4	6.1	1.4	1.8	.3	1.1	1.1	1.0	*
SOUP, MIXTURES-----	1.1	1.0	.7	.8	1.2	.5	.5	1.1	.5	.5	.5	.2
FATS, OILS-----	3.4	12.1	.3	28.1	.4	.6	.2	10.0	.1	.2	*	*
BUTTER-----	.9	1.6	*	3.9	*	.1	.0	2.9	.0	.0	.0	.0
MARGARINE-----	.8	3.8	.1	8.9	*	.3	.0	6.7	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	4.2	.1	9.6	.3	.2	.2	.3	.1	.2	*	*
LARD-----	.1	.6	.0	1.5	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.4	1.9	*	4.4	.1	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.8	9.8	1.0	1.4	21.7	2.5	3.5	.7	1.2	1.2	.8	4.7
SUGAR, SIRUP, JELLY, CANDY-----	3.3	8.0	.6	1.4	17.5	2.1	3.3	.1	1.0	1.1	.7	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.4	.4	*	*	.9	.4	.1	.6	.2	*	.1	4.2
NO ADDED VITAMIN C-----	2.1	1.5	.3	.1	3.4	.1	.1	*	*	.1	*	.2
OTHER FOOD-----	7.8	1.9	.3	.1	2.6	3.4	4.5	.1	.4	2.2	16.6	.0
ALCOHOLIC BEVERAGE-----	4.0	1.0	.1	.0	.5	.2	.1	.0	*	.5	.9	.0
SOME NUTRITIVE VALUE-----	2.9	.9	.2	.1	2.1	3.2	4.4	.1	.3	1.7	15.7	.0
NO NUTRITIVE VALUE-----	.9	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

+ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

ALL URBANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL.	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	2,911	99.9	139.0	316.8	1,122	18.2	7,200	1.42	2.30	23.4	102	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	14.0	14.8	23.5	16.6	10.3	65.2	1.7	13.3	12.8	43.6	2.9	6.3
MILK-----	8.7	9.9	16.8	10.0	7.5	50.9	.4	7.7	10.5	35.6	2.2	4.9
CREAM, ICE CREAM-----	1.9	2.2	1.4	2.8	1.9	4.1	.2	2.1	.9	2.9	.2	.4
CHEESE-----	2.6	2.1	4.8	3.2	.2	8.8	.9	2.5	.5	3.9	.1	.6
SOUP, MIXTURES-----	.8	.7	.5	.7	.6	1.5	.3	.9	.9	1.2	.5	1.1
MEAT, POULTRY, FISH-----	31.0	20.7	38.5	34.8	.2	2.4	28.4	13.3	18.0	20.0	35.7	.6
BEEF-----	15.1	10.1	19.7	16.8	*	1.0	16.1	.5	3.7	7.0	16.0	.3
BACON, SALT PORK-----	1.7	2.5	.9	5.5	*	.1	.7	.0	1.2	.5	.7	.0
OTHER PORK-----	4.3	2.7	4.1	4.9	*	.2	3.4	.0	8.0	2.0	3.5	.0
LIVER-----	.3	.1	.5	.1	*	*	1.1	9.9	.3	3.3	1.2	.6
LUNCHMEAT, FRANKFURTERS-----	2.6	2.1	2.7	3.8	.1	.1	2.3	.5	2.7	2.1	2.6	.0
OTHER MEAT-----	1.6	.6	1.5	.8	*	.1	.8	*	.6	1.0	1.6	*
POULTRY-----	3.2	1.7	6.2	1.9	*	.3	3.1	2.1	1.1	3.6	6.6	*
FISH, SHELLFISH-----	2.2	.9	2.8	1.0	*	.5	.9	.3	.5	.6	3.5	*
OTHER PROTEIN FOOD-----	6.0	6.2	11.2	8.3	2.8	4.1	11.0	8.6	6.9	7.5	7.0	.4
EGGS-----	3.3	2.6	6.0	3.9	.1	2.2	5.9	7.6	3.0	5.8	.2	.0
DRY LEGUMES-----	.5	1.0	1.8	.2	1.6	.9	3.1	.1	1.8	.6	.7	.1
NUTS, PEANUT BUTTER-----	1.1	2.0	2.3	3.7	.6	.6	1.2	*	1.5	.6	5.2	*
SOUP, MIXTURES-----	.6	.4	.7	.4	.4	.2	.6	.7	.4	.3	.5	.1
ALL VEGETABLES-----	11.8	6.0	5.7	1.7	11.3	5.7	13.9	46.0	13.4	6.6	12.0	39.1
POTATOES-----	1.7	2.7	1.8	1.1	4.7	.6	3.0	*	4.5	1.3	5.5	9.3
DARK GREEN-----	.6	.1	.2	*	.1	.6	.7	5.1	.4	.4	.2	3.9
DEEP YELLOW-----	.7	.4	.3	*	.9	.6	.8	23.1	.7	.5	.5	1.7
TOMATOES-----	2.0	.8	.7	.2	1.6	.6	2.7	8.4	2.6	1.1	2.4	9.5
OTHER-----	6.3	1.8	2.3	.3	3.6	3.1	6.3	7.0	4.9	3.1	3.5	14.2
SOUP, MIXTURES-----	.5	.2	.3	.1	.3	.2	.4	2.5	.3	.2	.4	.4
ALL FRUIT-----	7.8	4.8	1.4	.6	10.8	3.0	5.4	5.3	8.3	2.8	3.1	49.3
CITRUS-----	3.1	1.6	.8	.1	3.6	2.0	1.7	2.4	5.5	1.1	1.4	43.2
OTHER VITAMIN C-RICH-----	.1	*	*	*	.1	*	*	.1	*	*	*	.5
OTHER-----	4.6	3.1	.6	.5	7.1	1.0	3.7	2.8	2.7	1.7	1.8	5.5
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

ALL ORGANIZATIONS

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.0	16.3	14.2	3.4	29.3	10.6	27.5	.3	36.0	14.0	18.3	.5
FLOUR-----	.6	3.2	2.6	.4	6.1	1.9	4.2	*	6.4	2.9	3.3	.0
CEREAL, PASTES-----	2.4	4.9	4.0	.7	9.3	2.5	12.0	.1	14.5	3.6	6.1	.3
BREAD-----	3.2	6.8	6.7	1.7	11.8	5.6	10.0	*	13.2	6.4	7.8	.0
OTHER BAKERY PRODUCTS-----	.8	1.3	1.0	.7	2.1	.7	1.3	.1	2.0	1.1	1.0	.2
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.0	7.7	4.2	5.0	11.6	3.3	3.7	1.0	3.1	2.2	2.4	.2
FLOUR-----	.5	1.3	.4	.7	2.2	1.0	.4	*	.2	.3	.2	.0
CEREAL, PASTES-----	.2	.5	.4	.1	1.0	.1	.4	*	.6	.1	.3	.0
BREAD-----	.4	.6	.5	.1	1.1	.5	.5	*	.6	.3	.3	.0
OTHER BAKERY PRODUCTS-----	2.8	4.4	2.1	3.3	6.2	1.4	1.9	.4	1.2	1.2	1.1	*
SOUP, MIXTURES-----	1.1	.9	.7	.8	1.2	.4	.6	.6	.5	.4	.5	.2
FATS, OILS-----	3.3	12.1	.3	28.3	.4	.6	.2	11.6	.1	.1	*	*
BUTTER-----	.8	1.5	*	3.5	*	.1	.0	2.8	.0	.0	.0	.0
MARGARINE-----	1.0	4.6	.1	10.8	*	.3	.0	8.5	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.1	4.0	.1	9.2	.3	.2	.2	.3	.1	.1	*	*
LARD-----	.1	.4	*	.9	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.3	1.7	*	3.9	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.4	9.2	.9	1.1	20.6	2.0	3.4	.5	1.2	1.0	.7	3.5
SUGAR, SIRUP, JELLY, CANDY-----	3.1	7.5	.5	1.1	16.6	1.7	3.2	.1	1.0	.9	.6	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.4	.3	*	*	.8	.2	.1	.4	.1	*	*	3.1
NO ADDED VITAMIN C-----	1.9	1.4	.3	*	3.3	.1	.1	*	*	.1	*	.1
OTHER FOOD-----	8.8	2.1	.3	.1	2.6	3.1	4.6	.1	.3	2.2	17.8	.0
ALCOHOLIC BEVERAGE-----	5.0	1.2	.1	.0	.5	.2	*	.0	*	.5	1.0	.0
SOME NUTRITIVE VALUE-----	2.9	.9	.1	.1	2.1	2.9	4.6	.1	.3	1.6	16.8	.0
NO NUTRITIVE VALUE-----	1.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST
WEST

URBAN
URBAN

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		3,034	103.6	146.4	327.2	1,113	18.7	7,910	1.48	2.35	24.4	104
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.2	14.2	22.4	15.9	9.8	64.3	1.9	12.2	11.9	41.2	2.7	5.7
MILK-----	7.7	9.0	15.2	9.0	6.9	48.1	.4	6.7	9.5	32.6	2.0	4.5
CREAM, ICE CREAM-----	2.1	2.5	1.6	3.1	2.2	4.9	.2	2.3	1.1	3.3	.2	.5
CHEESE-----	2.6	2.3	5.1	3.4	.2	10.0	.9	2.5	.5	4.2	.1	.2
SOUP, MIXTURES-----	.7	.5	.5	.4	.5	1.3	.4	.6	.8	1.0	.4	.8
MEAT, POULTRY, FISH-----	31.7	22.0	40.6	36.6	.3	2.7	30.3	14.4	20.2	21.8	37.6	.7
BEEF-----	15.0	10.1	19.6	16.7	*	1.1	16.2	.4	3.7	7.0	15.8	.2
BACON, SALT PORK-----	1.7	2.8	1.0	6.1	*	.1	.8	.0	1.4	.6	.8	.2
OTHER PORK-----	4.7	3.2	4.9	5.6	*	.3	4.1	.0	9.5	2.4	4.2	.9
LIVER-----	.4	.2	.6	.1	*	*	1.4	10.9	.3	3.9	1.4	.6
LUNCHMEAT, FRANKFURTERS-----	2.7	2.3	3.0	4.1	.1	.2	2.7	.7	3.0	2.5	2.9	.9
OTHER MEAT-----	1.5	.7	1.6	1.0	*	.1	.9	*	.6	1.0	1.7	*
POULTRY-----	3.5	1.8	6.6	1.9	*	.4	3.3	2.0	1.2	3.3	7.0	*
FISH, SHELLFISH-----	2.3	.9	3.1	1.1	*	.5	.9	.3	.5	.6	3.7	*
OTHER PROTEIN FOOD-----	5.3	5.7	10.4	7.6	2.5	3.9	10.2	7.6	6.5	7.1	6.4	.4
EGGS-----	2.7	2.4	5.6	3.5	.1	2.2	5.6	6.7	2.8	5.5	.2	.0
DRY LEGUMES-----	.4	.9	1.6	.2	1.4	.9	2.8	.1	1.5	.5	.6	.1
NUTS, PEANUT BUTTER-----	1.1	1.8	2.1	3.3	.5	.6	1.1	*	1.5	.6	4.7	*
SOUP, MIXTURES-----	.7	.4	.7	.4	.4	.2	.6	.6	.4	.4	.5	.1
ALL VEGETABLES-----	11.8	5.9	5.6	2.0	10.8	6.1	13.9	44.1	13.4	6.9	11.7	4.8
POTATOES-----	1.9	2.7	1.7	1.3	4.4	.6	2.8	*	4.2	1.3	5.2	8.5
DARK GREEN-----	.6	.1	.3	*	.2	.8	1.0	7.1	.5	.6	.3	5.0
DEEP YELLOW-----	.6	.4	.2	*	.8	.5	.7	20.3	.6	.4	.4	1.4
TOMATOES-----	2.1	.8	.8	.2	1.5	.7	2.8	8.2	2.7	1.1	2.5	10.8
OTHER-----	6.0	1.8	2.4	.3	3.6	3.3	6.3	6.5	5.2	3.3	3.1	14.5
SOUP, MIXTURES-----	.5	.2	.3	.1	.3	.1	.3	1.9	.2	.2	.3	.4
ALL FRUIT-----	8.2	4.7	1.4	.4	11.0	2.9	5.9	9.5	7.9	3.0	3.4	47.3
CITRUS-----	2.6	1.3	.6	.1	3.0	1.5	1.3	1.9	4.6	.9	1.1	36.4
OTHER VITAMIN C-RICH-----	.5	.1	.1	*	.3	.2	.3	3.1	.3	.2	.3	4.1
OTHER-----	5.1	3.3	.7	.4	7.7	1.2	4.3	4.5	3.0	2.0	2.0	6.8
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

URBAN

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.6	15.7	13.8	3.2	28.6	10.3	25.9	.2	35.3	14.1	18.0	.5
FLOUR-----	.5	3.2	2.6	.3	6.2	1.7	4.2	*	6.4	2.9	3.4	.0
CEREAL, PASTES-----	2.4	4.8	4.0	.6	9.3	2.4	11.1	.1	14.7	4.1	6.4	.4
BREAD-----	2.9	6.3	6.2	1.6	11.1	5.4	9.4	*	12.3	6.0	7.3	.0
OTHER BAKERY PRODUCTS-----	.8	1.3	1.0	.6	2.0	.8	1.3	.1	1.9	1.1	1.0	.2
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.3	8.2	4.4	5.4	12.4	3.8	4.0	1.1	3.3	2.5	2.5	.3
FLOUR-----	.4	1.1	.4	.6	2.0	.9	.3	*	.2	.3	.2	*
CEREAL, PASTES-----	.2	.5	.4	.1	1.0	.1	.4	*	.6	.1	.3	*
BREAD-----	.5	.7	.7	.1	1.4	.6	.7	*	.8	.3	.4	.0
OTHER BAKERY PRODUCTS-----	3.0	4.8	2.2	3.7	6.7	1.6	2.0	.4	1.2	1.3	1.1	*
SOUP, MIXTURES-----	1.1	1.0	.7	.8	1.3	.5	.6	.7	.5	.5	.5	.3
FATS, OILS-----	3.2	11.9	.3	27.6	.4	.6	.2	10.2	.1	.2	*	*
BUTTER-----	.9	1.6	*	3.8	*	.1	.0	2.9	.0	.0	.0	.0
MARGARINE-----	.8	4.0	.1	9.3	*	.3	.0	7.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.1	4.3	.1	9.7	.3	.2	.2	.3	.1	.2	*	*
LARD-----	*	.4	*	.9	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.3	1.7	*	3.8	.1	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.6	9.5	.9	1.2	21.6	2.2	3.2	.6	1.1	1.0	.7	4.2
SUGAR, SIRUP, JELLY, CANDY-----	3.0	7.5	.5	1.1	16.7	1.8	2.9	.1	.9	.9	.6	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.4	.4	*	*	1.0	.3	.1	.5	.2	.1	.1	3.3
NO ADDED VITAMIN C-----	2.2	1.6	.3	.1	3.8	.1	.1	*	*	.1	*	.2
OTHER FOOD-----	9.1	2.1	.3	.1	2.6	3.2	4.5	.1	.3	2.2	17.0	.0
ALCOHOLIC BEVERAGE-----	5.3	1.3	.1	.0	.6	.2	.1	.0	*	.6	1.1	.0
SOME NUTRITIVE VALUE-----	2.8	.8	.1	.1	2.0	2.9	4.5	.1	.3	1.6	15.9	.0
NO NUTRITIVE VALUE-----	1.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 8.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

URBAN

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		3,105	107.9	150.6	330.9	1,115	19.2	8,150	1.53	2.40	24.9	107
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.5	13.6	21.3	15.1	9.6	62.9	1.9	11.6	11.3	39.5	2.6	5.3
MILK-----	7.3	8.5	14.3	8.5	6.7	46.9	.4	6.3	8.9	31.2	1.9	4.2
CREAM, ICE CREAM-----	2.1	2.5	1.6	3.1	2.2	5.0	.2	2.3	1.1	3.3	.2	.4
CHEESE-----	2.5	2.2	4.9	3.2	.2	9.7	.9	2.4	.5	4.1	.1	.0
SOUP, MIXTURES-----	.6	.4	.5	.3	.4	1.3	.5	.6	.8	.9	.4	.6
MEAT, POULTRY, FISH-----	31.5	23.3	42.0	38.7	.3	3.0	31.8	15.5	22.4	23.4	39.1	.7
BEEF-----	14.3	10.1	19.2	16.5	*	1.1	16.0	.4	3.6	7.0	15.7	.0
BACON, SALT PORK-----	1.6	3.3	1.2	7.1	*	.2	.9	.0	1.6	.7	.9	.0
OTHER PORK-----	5.2	3.8	6.0	6.6	*	.3	5.0	.0	11.4	2.9	5.1	.0
LIVER-----	.4	.2	.7	.1	*	*	1.5	11.8	.3	4.3	1.6	.7
LUNCHMEAT, FRANKFURTERS-----	2.7	2.5	3.3	4.4	.1	.2	2.9	.8	3.2	2.7	3.2	.0
OTHER MEAT-----	1.4	.8	1.7	1.1	*	.1	1.0	*	.6	1.1	1.8	*
POULTRY-----	3.5	1.7	6.6	1.7	*	.4	3.4	2.1	1.1	4.1	7.0	*
FISH, SHELLFISH-----	2.5	1.0	3.4	1.2	*	.6	1.0	.3	.6	.7	3.9	*
OTHER PROTEIN FOOD-----	5.1	5.7	10.5	7.5	2.5	4.1	10.5	7.8	6.6	7.3	6.1	.4
EGGS-----	2.7	2.6	5.9	3.7	.1	2.4	5.9	7.1	2.9	5.8	.2	.0
DRY LEGUMES-----	.4	.9	1.6	.2	1.5	.9	2.8	.1	1.6	.5	.7	.1
NUTS, PEANUT BUTTER-----	1.0	1.7	1.9	3.0	.5	.5	1.1	*	1.5	.5	4.5	*
SOUP, MIXTURES-----	.7	.4	.8	.4	.3	.2	.5	.5	.4	.3	.4	.1
ALL VEGETABLES-----	12.0	5.5	5.3	1.9	10.3	6.3	13.5	44.4	12.7	6.8	11.1	36.9
POTATOES-----	2.1	2.5	1.5	1.2	4.2	.6	2.6	*	3.8	1.2	4.8	7.8
DARK GREEN-----	.7	.1	.3	*	.2	1.0	1.2	9.0	.6	.8	.4	5.1
DEEP YELLOW-----	.6	.3	.2	*	.7	.5	.6	19.8	.5	.3	.4	1.1
TOMATOES-----	2.0	.7	.7	.1	1.4	.6	2.6	7.6	2.5	1.0	2.3	9.7
OTHER-----	6.2	1.7	2.3	.3	3.5	3.4	6.1	6.4	5.0	3.3	3.0	14.9
SOUP, MIXTURES-----	.5	.2	.3	.1	.3	.1	.3	1.6	.2	.2	.3	.3
ALL FRUIT-----	8.5	4.5	1.4	.4	10.5	3.1	5.7	8.5	7.4	3.0	3.3	50.0
CITRUS-----	2.7	1.3	.6	*	3.1	1.6	1.4	1.8	4.5	.9	1.1	37.0
OTHER VITAMIN C-RICH-----	.9	.2	.1	*	.4	.3	.6	2.6	.3	.4	.4	7.0
OTHER-----	4.8	2.9	.6	.3	6.9	1.2	3.7	4.1	2.5	1.7	1.8	6.1
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

URBAN

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.8	15.9	13.7	3.2	29.4	10.5	25.3	.3	35.0	14.2	18.1	.8
FLOUR-----	.5	2.9	2.3	.3	5.6	1.5	3.7	*	5.6	2.6	3.0	.0
CEREAL, PASTES-----	2.5	5.1	4.0	.6	10.1	2.3	10.5	.1	14.7	4.2	6.5	.5
BREAD-----	3.0	6.5	6.3	1.6	11.6	5.7	9.6	.0	12.5	6.2	7.5	.0
OTHER BAKERY PRODUCTS-----	.8	1.4	1.1	.7	2.2	1.0	1.4	.2	2.2	1.3	1.2	.3
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.5	8.5	4.6	5.4	13.1	4.1	4.1	1.0	3.5	2.6	2.6	.4
FLOUR-----	.4	1.1	.4	.6	2.0	1.0	.3	*	.2	.3	.2	*
CEREAL, PASTES-----	.2	.6	.4	*	1.1	*	.4	*	.6	.1	.3	.0
BREAD-----	.5	.8	.7	.1	1.5	.7	.7	*	.9	.4	.5	.0
OTHER BAKERY PRODUCTS-----	3.3	5.2	2.4	4.0	7.4	1.9	2.1	.4	1.3	1.4	1.2	*
SOUP, MIXTURES-----	1.0	.8	.6	.7	1.1	.5	.5	.5	.5	.4	.5	.3
FATS, OILS-----	3.2	11.6	.3	26.5	.4	.6	.2	10.3	.1	.2	*	*
BUTTER-----	.9	1.7	*	3.9	*	.1	.0	2.9	.0	.0	.0	.0
MARGARINE-----	.8	4.0	*	9.4	*	.3	.0	7.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.1	4.0	.1	9.1	.3	.2	.2	.3	.1	.2	*	*
LARD-----	*	.3	*	.7	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.3	1.5	*	3.5	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.5	9.3	.8	1.2	21.4	2.2	2.8	.6	.9	.9	.6	3.5
SUGAR, SIRUP, JELLY, CANDY-----	2.8	7.4	.5	1.1	16.6	1.8	2.5	*	.7	.8	.5	.2
OTHER SWEETS--												
ADDED VITAMIN C-----	.3	.4	*	*	.9	.2	.1	.5	.1	*	*	3.0
NO ADDED VITAMIN C-----	2.3	1.6	.3	*	3.9	.2	.1	*	*	*	*	.3
OTHER FOOD-----	9.5	2.0	.3	.1	2.5	3.2	4.3	*	.2	2.0	16.3	.0
ALCOHOLIC BEVERAGE-----	5.7	1.2	.1	.0	.6	.2	.1	.0	*	.5	1.0	.0
SOME NUTRITIVE VALUE-----	2.8	.8	.2	.1	1.9	3.0	4.2	*	.2	1.5	15.4	.0
NO NUTRITIVE VALUE-----	1.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

URBAN

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	2,979	100.6	145.0	318.0	1,075	17.8	7,940	1.42	2.30	24.1	102	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.8	14.0	22.6	15.6	9.8	64.6	1.9	11.6	11.8	40.7	2.5	5.3
MILK-----	7.4	8.7	15.0	8.6	6.7	47.7	.4	6.3	9.5	31.9	1.9	4.3
CREAM, ICE CREAM-----	2.3	2.7	1.8	3.3	2.5	5.6	.2	2.3	1.2	3.8	.2	.5
CHEESE-----	2.6	2.3	5.4	3.4	.3	10.6	1.0	2.5	.6	4.4	.1	.7
SOUP, MIXTURES-----	.5	.3	.3	.3	.3	.7	.3	.4	.5	.6	.3	.4
MEAT, POULTRY, FISH-----	31.9	22.2	40.9	36.9	.3	2.7	31.0	13.8	20.5	21.6	37.5	.6
BEEF-----	14.9	10.2	19.7	16.7	.0	1.1	16.6	.4	3.7	7.0	15.7	.0
BACON, SALT PORK-----	1.7	3.0	1.1	6.3	*	.2	.9	.0	1.5	.6	.8	.0
OTHER PORK-----	4.6	3.0	4.8	5.1	*	.3	4.1	.0	9.4	2.3	4.0	.0
LIVER-----	.3	.1	.6	.1	*	*	1.4	10.2	.3	3.8	1.4	.0
LUNCHMEAT, FRANKFURTERS-----	2.9	2.5	3.4	4.5	.1	.2	3.1	1.0	3.3	2.9	3.3	.0
OTHER MEAT-----	1.5	.6	1.5	1.0	*	.1	.8	*	.6	.9	1.5	*
POULTRY-----	3.3	1.7	6.1	1.9	.0	.4	3.1	1.8	1.1	3.4	6.4	.0
FISH, SHELLFISH-----	2.7	1.1	3.8	1.3	*	.5	1.1	.3	.7	.7	4.4	*
OTHER PROTEIN FOOD-----	4.7	5.2	9.9	6.6	2.4	3.8	10.0	7.2	5.9	6.8	5.7	.4
EGGS-----	2.4	2.4	5.5	3.4	.1	2.2	5.6	6.4	2.8	5.3	.2	.0
DRY LEGUMES-----	.4	.9	1.6	.2	1.5	.9	2.8	.1	1.5	.5	.6	.1
NUTS, PEANUT BUTTER-----	.8	1.4	1.7	2.5	.4	.4	.9	*	1.0	.4	4.0	*
SOUP, MIXTURES-----	.6	.4	.7	.4	.3	.2	.6	.6	.4	.4	.5	.1
ALL VEGETABLES-----	11.9	6.3	5.9	2.5	11.3	6.3	14.6	38.6	14.4	7.4	12.2	42.4
POTATOES-----	2.3	2.9	1.7	1.7	4.6	.7	3.0	*	4.4	1.3	5.3	8.6
DARK GREEN-----	.6	.1	.3	*	.2	.7	1.0	7.0	.5	.6	.4	5.0
DEEP YELLOW-----	.4	.2	.1	*	.5	.4	.5	14.4	.4	.2	.3	.8
TOMATOES-----	2.2	.8	.8	.2	1.6	.8	3.0	8.6	3.0	1.2	2.6	12.2
OTHER-----	5.9	2.0	2.6	.4	4.1	3.6	6.9	6.9	5.9	3.8	3.4	15.5
SOUP, MIXTURES-----	.5	.2	.3	.1	.3	.1	.3	1.7	.2	.2	.3	.3
ALL FRUIT-----	8.4	4.6	1.6	.4	10.9	2.8	6.2	16.8	7.9	3.3	4.0	45.1
CITRUS-----	2.0	1.1	.5	.1	2.4	1.0	.9	1.5	3.8	.6	.9	28.8
OTHER VITAMIN C-RICH-----	.8	.2	.1	*	.5	.3	.5	7.2	.5	.3	.5	6.6
OTHER-----	5.6	3.3	.9	.3	8.0	1.5	4.8	8.0	3.6	2.4	2.6	9.5
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

URBAN

FOOD GROUP #	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.2	14.7	13.1	2.9	27.2	10.2	24.0	.2	34.5	14.1	17.4	.5
FLOUR-----	.5	3.0	2.4	.3	5.8	1.9	4.0	*	6.1	2.7	3.1	.0
CEREAL, PASTES-----	2.3	4.6	3.8	.6	9.0	2.3	9.5	.1	14.8	4.5	6.5	.3
BREAD-----	2.8	6.1	6.1	1.5	10.8	5.3	9.4	.0	12.1	5.9	7.0	.0
OTHER BAKERY PRODUCTS-----	.6	1.0	.8	.5	1.6	.7	1.1	.1	1.5	.9	.8	.2
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.3	8.4	4.6	5.5	12.7	4.0	4.2	1.0	3.4	2.6	2.6	.3
FLOUR-----	.4	1.0	.3	.5	1.7	.9	.3	*	.2	.2	.1	.0
CEREAL, PASTES-----	.2	.4	.3	.1	.9	.1	.3	*	.5	.1	.2	*
BREAD-----	.5	.8	.8	.1	1.5	.6	.7	*	.9	.4	.4	.0
OTHER BAKERY PRODUCTS-----	3.0	5.1	2.4	4.0	7.2	1.8	2.2	.4	1.3	1.3	1.1	*
SOUP, MIXTURES-----	1.0	1.0	.8	.8	1.3	.5	.7	.5	.5	.5	.6	.2
FATS, OILS-----	3.1	12.5	.3	28.6	.3	.7	.3	10.2	.1	.2	*	.1
BUTTER-----	.8	1.6	*	3.7	*	.1	.0	2.8	.0	.0	.0	.0
MARGARINE-----	.8	4.1	.1	9.5	*	.3	.0	7.1	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.1	4.7	.1	10.6	.3	.2	.3	.3	.1	.2	*	.1
LARD-----	*	.3	*	.7	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.3	1.8	*	4.0	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.8	9.7	.8	.9	22.5	2.1	3.0	.5	1.0	.9	.6	5.3
SUGAR, SIRUP, JELLY, CANDY-----	2.7	7.1	.4	.9	16.4	1.5	2.7	.1	.7	.7	.5	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.5	.7	*	*	1.6	.3	.2	.4	.3	.1	.1	4.9
NO ADDED VITAMIN C-----	2.6	1.9	.4	.1	4.5	.2	.1	*	*	.1	*	.2
OTHER FOOD-----	9.9	2.4	.3	.2	2.7	3.1	4.8	.2	.4	2.5	17.6	.0
ALCOHOLIC BEVERAGE-----	5.9	1.6	.2	.0	.8	.3	.1	.0	*	.8	1.4	.0
SOME NUTRITIVE VALUE-----	2.8	.8	.1	.2	1.9	2.8	4.7	.2	.4	1.7	16.1	.0
NO NUTRITIVE VALUE-----	1.2	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

URBAN

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,197	107.9	153.0	351.1	1,166	19.8	8,490	1.55	2.45	25.6	106	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.5	14.2	22.4	16.2	9.6	64.4	1.9	12.1	11.8	41.3	2.7	5.9
MILK-----	8.0	9.0	15.2	9.2	6.8	47.8	.3	6.7	9.4	32.6	2.0	4.6
CREAM, ICE CREAM-----	2.2	2.4	1.6	3.1	2.1	4.8	.2	2.3	1.0	3.3	.2	.5
CHEESE-----	2.6	2.3	5.1	3.4	.2	10.3	.9	2.5	.5	4.2	.1	.0
SOUP, MIXTURES-----	.7	.5	.6	.4	.6	1.6	.4	.6	.9	1.2	.5	.8
MEAT, POULTRY, FISH-----	32.1	21.3	40.5	35.7	.2	2.6	29.6	13.8	19.3	21.6	37.6	.6
BEEF-----	15.8	10.1	20.0	16.7	*	1.1	16.2	.4	3.7	7.2	16.1	.0
BACON, SALT PORK-----	1.6	2.5	.9	5.5	*	.1	.7	.0	1.2	.5	.7	.0
OTHER PORK-----	4.7	3.1	4.7	5.6	*	.2	3.8	.0	8.9	2.3	3.9	.0
LIVER-----	.3	.1	.6	.1	*	*	1.4	10.3	.3	3.9	1.4	.6
LUNCHMEAT, FRANKFURTERS-----	2.4	2.0	2.7	3.7	.1	.1	2.3	.6	2.7	2.2	2.6	.0
OTHER MEAT-----	1.5	.6	1.6	.8	*	.1	.8	*	.6	1.0	1.7	*
POULTRY-----	3.9	2.1	7.4	2.4	*	.4	3.6	2.1	1.5	4.0	8.0	*
FISH, SHELLFISH-----	1.9	.8	2.5	.9	*	.4	.7	.3	.4	.5	3.1	*
OTHER PROTEIN FOOD-----	5.4	5.7	9.9	8.0	2.3	3.7	9.5	7.0	6.5	6.8	6.5	.4
EGGS-----	2.7	2.2	5.3	3.3	.1	2.0	5.1	6.1	2.6	5.1	.2	.0
DRY LEGUMES-----	.3	.7	1.3	.2	1.2	.7	2.2	.1	1.2	.4	.5	.1
NUTS, PEANUT BUTTER-----	1.3	2.2	2.3	4.0	.6	.7	1.4	*	2.0	.7	5.0	*
SOUP, MIXTURES-----	.6	.4	.7	.4	.4	.2	.6	.7	.5	.4	.5	.2
ALL VEGETABLES-----	11.5	5.9	5.6	2.0	10.7	6.3	13.9	48.4	13.5	7.0	11.7	44.2
POTATOES-----	1.7	2.6	1.7	1.3	4.3	.6	2.7	*	4.1	1.3	5.1	8.7
DARK GREEN-----	.6	.1	.3	*	.2	1.0	1.1	7.1	.6	.7	.3	6.0
DEEP YELLOW-----	.8	.5	.3	*	1.0	.7	.9	25.2	.8	.6	.6	2.0
TOMATOES-----	2.3	.8	.8	.2	1.5	.7	2.8	8.3	2.8	1.2	2.5	11.7
OTHER-----	5.6	1.7	2.3	.3	3.4	3.2	6.0	5.9	4.9	3.1	2.9	15.5
SOUP, MIXTURES-----	.4	.2	.3	.1	.2	.1	.3	1.9	.2	.2	.3	.3
ALL FRUIT-----	8.3	5.0	1.3	.4	11.6	2.5	6.0	6.8	7.7	2.8	3.2	43.5
CITRUS-----	2.5	1.2	.6	.1	2.7	1.2	1.1	1.7	4.3	.8	1.1	35.1
OTHER VITAMIN C-RICH-----	.3	.1	*	*	.2	.1	.2	2.0	.1	.1	.1	2.2
OTHER-----	5.5	3.7	.7	.3	8.7	1.3	4.7	3.0	3.3	2.0	1.9	6.2
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

URBAN

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.6	16.1	14.3	3.2	28.8	10.4	27.2	.2	36.1	14.5	18.4	.4
FLOUR-----	.7	4.0	3.3	.4	7.5	1.8	5.1	*	7.8	3.6	4.2	.0
CEREAL, PASTES-----	2.3	4.8	4.1	.7	9.0	2.6	11.9	.1	14.6	4.1	6.3	.3
BREAD-----	2.9	6.0	6.0	1.5	10.4	5.2	8.9	.0	11.8	5.8	7.0	.0
OTHER BAKERY PRODUCTS-----	.8	1.3	.9	.7	2.0	.7	1.2	.1	1.9	1.0	1.0	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.3	8.1	4.3	5.4	11.9	3.6	3.9	1.5	3.3	2.4	2.4	.2
FLOUR-----	.5	1.2	.4	.7	2.0	1.0	.4	*	.2	.3	.2	.3
CEREAL, PASTES-----	.2	.6	.4	.1	1.0	.1	.4	*	.6	.1	.3	.0
BREAD-----	.5	.7	.7	.1	1.3	.6	.7	*	.8	.3	.4	.0
OTHER BAKERY PRODUCTS-----	2.9	4.5	2.0	3.6	6.2	1.4	1.9	.3	1.2	1.2	1.0	.0
SOUP, MIXTURES-----	1.2	1.1	.7	.9	1.4	.5	.6	1.1	.5	.5	.5	.2
FATS, OILS-----	3.4	11.8	.3	27.5	.4	.6	.2	9.5	.1	.2	*	*
BUTTER-----	1.0	1.8	*	4.2	*	.1	.0	3.1	.0	.0	.0	.0
MARGARINE-----	.8	3.6	.1	8.4	*	.3	.0	6.1	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	4.2	.1	9.7	.2	.2	.2	.3	.1	.2	*	*
LARD-----	.1	.5	.0	1.2	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.4	1.7	*	4.0	.1	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.9	9.9	1.0	1.5	21.8	2.6	3.5	.7	1.3	1.2	.8	4.7
SUGAR, SIRUP, JELLY, CANDY-----	3.3	8.0	.7	1.4	17.3	2.1	3.2	.1	1.0	1.1	.7	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.4	.4	*	*	.9	.4	.1	.6	.2	*	.1	4.2
NO ADDED VITAMIN C-----	2.2	1.6	.3	.1	3.6	.1	.1	*	*	.1	*	.2
OTHER FOOD-----	8.0	1.9	.3	.1	2.7	3.3	4.5	.1	.4	2.3	16.6	.0
ALCOHOLIC BEVERAGE-----	4.2	1.0	.1	.0	.5	.2	.1	.0	*	.5	1.0	.0
SOME NUTRITIVE VALUE-----	2.8	.9	.2	.1	2.1	3.1	4.4	.1	.3	1.7	15.6	.0
NO NUTRITIVE VALUE-----	.9	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

URBAN

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	2,852	97.8	136.7	308.6	1,094	17.9	7,050	1.39	2.25	23.0	102	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.8	14.9	23.4	16.7	10.3	65.3	1.8	13.6	12.7	43.3	2.9	6.3
MILK-----	8.3	9.7	16.4	9.8	7.4	50.0	.4	7.6	10.2	34.9	2.1	4.7
CREAM, ICE CREAM-----	1.9	2.2	1.4	2.8	2.0	4.1	.2	2.2	.9	2.9	.2	.4
CHEESE-----	2.7	2.3	5.0	3.4	.2	9.4	.9	2.7	.5	4.1	.1	.3
SOUP, MIXTURES-----	.9	.7	.6	.7	.7	1.7	.3	1.0	1.0	1.4	.5	1.2
MEAT, POULTRY, FISH-----	31.1	20.9	38.7	35.1	.2	2.5	28.7	14.5	18.4	20.6	36.0	.7
BEEF-----	15.0	10.2	19.6	16.8	*	1.0	16.0	.5	3.7	7.0	15.8	.0
BACON, SALT PORK-----	1.7	2.5	.9	5.4	*	.1	.7	.0	1.2	.5	.7	.0
OTHER PORK-----	4.4	2.8	4.2	5.0	*	.2	3.5	.0	8.3	2.0	3.6	.0
LIVER-----	.4	.2	.6	.1	*	*	1.3	11.2	.3	3.7	1.4	.6
LUNCHMEAT, FRANKFURTERS-----	2.7	2.2	2.8	3.9	.1	.1	2.4	.5	2.8	2.2	2.7	.3
OTHER MEAT-----	1.8	.7	1.7	1.0	*	.1	.9	*	.7	1.1	1.8	*
POULTRY-----	3.2	1.7	6.1	1.8	*	.3	3.0	2.0	1.1	3.6	6.6	*
FISH, SHELLFISH-----	2.1	.9	2.7	1.0	*	.5	.9	.3	.5	.6	3.5	*
OTHER PROTEIN FOOD-----	5.9	6.3	11.2	8.2	2.9	4.1	11.1	8.6	7.0	7.4	7.1	.4
EGGS-----	3.2	2.5	5.9	3.7	.1	2.2	5.7	7.5	2.9	5.6	.2	.0
DRY LEGUMES-----	.5	1.1	1.9	.2	1.7	1.0	3.2	.1	1.8	.6	.7	.1
NUTS, PEANUT BUTTER-----	1.1	2.0	2.3	3.7	.6	.6	1.2	*	1.5	.6	5.2	*
SOUP, MIXTURES-----	.7	.5	.7	.5	.4	.2	.7	.8	.5	.4	.5	.1
ALL VEGETABLES-----	11.7	6.0	5.6	1.8	11.1	5.6	13.6	44.9	13.2	6.5	11.9	37.6
POTATOES-----	1.6	2.7	1.8	1.1	4.7	.6	2.9	*	4.4	1.3	5.4	8.9
DARK GREEN-----	.6	.1	.2	*	.1	.6	.7	5.3	.4	.5	.2	3.9
DEEP YELLOW-----	.6	.4	.2	*	.9	.5	.7	21.7	.7	.4	.4	1.5
TOMATOES-----	2.0	.8	.8	.2	1.6	.6	2.7	8.4	2.6	1.1	2.4	9.4
OTHER-----	6.2	1.7	2.3	.3	3.5	3.1	6.1	6.9	4.8	3.1	3.0	13.5
SOUP, MIXTURES-----	.5	.2	.3	.1	.3	.2	.4	2.6	.3	.2	.4	.4
ALL FRUIT-----	7.8	4.8	1.4	.6	11.0	3.1	5.6	5.5	8.6	2.9	3.2	50.3
CITRUS-----	3.1	1.7	.8	.1	3.8	2.1	1.7	2.6	5.9	1.1	1.4	44.8
OTHER VITAMIN C-RICH-----	.1	*	*	*	.1	*	*	.1	*	*	*	.5
OTHER-----	4.5	3.1	.6	.5	7.1	1.0	3.8	2.8	2.7	1.7	1.8	5.5
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

URBAN

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.9	15.9	13.9	3.3	28.8	10.4	27.2	.3	35.4	13.7	17.9	.5
FLOUR-----	.5	3.0	2.4	.3	5.7	1.7	3.9	*	5.9	2.7	3.1	.0
CEREAL, PASTES-----	2.4	4.9	4.0	.7	9.3	2.5	12.3	.1	14.6	3.7	6.1	.3
BREAD-----	3.1	6.7	6.5	1.6	11.6	5.5	9.7	*	12.9	6.2	7.6	.0
OTHER BAKERY PRODUCTS-----	.8	1.4	1.0	.7	2.2	.7	1.4	.1	2.0	1.1	1.1	.2
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.0	7.9	4.3	5.1	12.0	3.4	3.8	1.0	3.2	2.3	2.5	.2
FLOUR-----	.5	1.3	.4	.7	2.2	1.0	.4	*	.2	.3	.2	.0
CEREAL, PASTES-----	.2	.6	.4	.1	1.1	.1	.4	*	.7	.1	.3	.0
BREAD-----	.4	.6	.6	.1	1.2	.5	.6	*	.7	.3	.4	.0
OTHER BAKERY PRODUCTS-----	2.7	4.4	2.1	3.3	6.2	1.4	1.8	.4	1.1	1.1	1.1	*
SOUP, MIXTURES-----	1.1	1.1	.7	.9	1.4	.4	.6	.6	.5	.4	.6	.2
FATS, OILS-----	3.2	12.0	.3	27.8	.4	.6	.2	11.2	.1	.1	*	*
BUTTER-----	.8	1.5	*	3.4	*	.1	.0	2.7	.0	.0	.0	.0
MARGARINE-----	1.0	4.4	.1	10.3	*	.3	.0	8.1	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.1	4.2	.1	9.5	.3	.2	.2	.3	.1	.1	*	*
LARD-----	.1	.4	*	.9	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.3	1.6	*	3.7	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.3	9.2	.9	1.2	20.5	2.1	3.4	.4	1.2	1.0	.7	3.4
SUGAR, SIRUP, JELLY, CANDY-----	3.1	7.4	.6	1.2	16.5	1.8	3.2	.1	1.1	.9	.7	.2
OTHER SWEETS--												
ADDED VITAMIN C-----	.4	.3	*	*	.8	.2	.1	.3	.1	*	*	3.6
NO ADDED VITAMIN C-----	1.9	1.4	.3	*	3.3	.1	.1	*	*	.1	*	.1
OTHER FOOD-----	9.2	2.2	.3	.1	2.6	3.1	4.6	.1	.3	2.2	17.8	.0
ALCOHOLIC BEVERAGE-----	5.4	1.3	.1	.0	.5	.2	*	.0	*	.5	1.0	.0
SOME NUTRITIVE VALUE-----	2.9	.9	.1	.1	2.1	2.9	4.6	.1	.2	1.6	16.8	.0
NO NUTRITIVE VALUE-----	1.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

RURAL NONFARM

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		3,298	110.2	157.3	365.5	1,175	20.1	7,390	1.61	2.49	25.8	97
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.7	13.2	21.6	14.8	9.0	63.7	1.3	12.6	11.3	41.2	2.5	6.0
MILK-----	9.1	9.2	16.1	9.3	6.8	51.4	.4	8.0	9.8	34.7	2.1	5.3
CREAM, ICE CREAM-----	2.0	2.0	1.3	2.5	1.7	4.0	.1	2.0	.8	2.7	.1	.4
CHEESE-----	2.2	1.8	4.0	2.7	.2	7.7	.7	2.3	.4	3.3	.1	.0
SOUP, MIXTURES-----	.4	.3	.2	.3	.3	.6	.1	.3	.3	.5	.2	.3
MEAT, POULTRY, FISH-----	30.8	20.6	39.0	34.6	.2	2.5	28.0	8.2	18.5	19.7	35.9	.4
BEEF-----	13.3	8.7	18.4	14.2	*	1.0	15.0	.4	3.3	6.6	14.9	.0
BACON, SALT PORK-----	2.2	3.3	1.2	7.2	*	.2	1.0	.0	1.6	.7	1.0	.0
OTHER PORK-----	4.2	2.8	4.2	5.1	*	.2	3.5	.0	7.8	2.1	3.6	.0
LIVER-----	.1	*	.2	*	*	*	.4	4.3	.1	1.2	.4	.2
LUNCHEAT, FRANKFURTERS-----	3.0	2.3	3.1	4.1	.1	.2	2.6	.4	2.9	2.3	2.8	.0
OTHER MEAT-----	1.5	.5	1.6	.6	*	.1	1.0	*	.8	2.0	1.9	.1
POULTRY-----	4.1	2.0	7.1	2.2	*	.4	3.6	2.7	1.3	4.1	7.6	.7
FISH, SHELLFISH-----	2.4	1.0	3.2	1.2	*	.4	.9	.3	.6	.6	3.7	.1
OTHER PROTEIN FOOD-----	5.9	5.9	11.3	7.5	2.8	4.5	11.7	9.4	6.8	7.9	6.0	.3
EGGS-----	3.5	2.7	6.3	4.0	.1	2.5	6.2	8.6	3.1	6.2	.2	.0
DRY LEGUMES-----	.6	1.3	2.4	.3	1.9	1.3	3.9	.2	2.3	.8	.9	.2
NUTS, PEANUT BUTTER-----	1.0	1.6	1.8	2.9	.4	.5	1.0	*	1.0	.5	4.3	*
SOUP, MIXTURES-----	.5	.3	.5	.3	.2	.1	.5	.5	.3	.3	.3	.1
ALL VEGETABLES-----	12.8	6.2	5.6	1.7	11.5	5.6	13.7	45.7	13.2	6.6	12.7	51.1
POTATOES-----	2.4	3.0	2.0	1.1	5.1	.8	3.3	*	5.0	1.6	6.3	12.2
DARK GREEN-----	.6	.1	.2	*	.2	.4	.6	3.9	.4	.4	.4	6.9
DEEP YELLOW-----	.7	.4	.2	*	.8	.6	.7	23.7	.6	.4	.4	1.7
TOMATOES-----	2.4	.8	.8	.1	1.5	.7	2.7	9.4	2.7	1.2	2.5	12.6
OTHER-----	6.3	1.8	2.2	.3	3.6	3.1	6.1	6.7	4.3	3.0	2.9	15.4
SOUP, MIXTURES-----	.4	.2	.2	.1	.2	.1	.3	1.9	.2	.2	.2	.3
ALL FRUIT-----	8.4	4.0	1.1	.4	9.1	2.2	4.9	8.9	5.7	2.6	2.9	35.5
CITRUS-----	1.9	.8	.4	.1	1.8	1.0	.9	1.4	2.7	.5	.7	24.7
OTHER VITAMIN C-RICH-----	.3	.1	*	*	.2	.1	.2	2.1	.1	.1	.2	7.6
OTHER-----	6.2	3.1	.7	.3	7.0	1.2	3.8	5.4	2.9	2.0	2.0	8.2
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

† SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

RURAL NONFARM

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.6	18.6	16.5	3.4	33.2	11.3	29.5	.2	40.6	16.8	21.0	.2
FLOUR-----	1.1	6.1	5.1	.5	11.4	2.3	8.0	*	12.0	5.6	6.6	.0
CEREAL, PASTES-----	2.5	4.7	3.8	.7	8.7	2.2	10.1	.2	14.0	3.5	5.5	.1
BREAD-----	3.5	7.0	6.9	1.7	11.8	6.2	10.5	*	13.4	7.0	8.1	.0
OTHER BAKERY PRODUCTS-----	.5	.9	.7	.4	1.3	.5	.9	.1	1.3	.7	.7	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.7	6.5	3.5	4.3	9.7	3.3	3.0	1.0	2.4	2.0	2.0	.3
FLOUR-----	.4	1.0	.4	.5	1.7	1.0	.3	*	.2	.3	.1	.0
CEREAL, PASTES-----	.2	.5	.4	.1	.9	.1	.3	*	.5	.1	.2	.0
BREAD-----	.3	.4	.3	.1	.7	.3	.3	.0	.4	.2	.2	.0
OTHER BAKERY PRODUCTS-----	3.0	4.1	1.9	3.2	5.7	1.4	1.6	.3	1.0	1.1	.9	*
SOUP, MIXTURES-----	.8	.6	.5	.4	.7	.5	.4	.6	.4	.4	.4	.3
FATS, OILS-----	3.7	13.8	.3	32.2	.4	.6	.2	12.8	.1	.2	*	*
BUTTER-----	.8	1.3	*	3.0	*	.1	.0	2.6	.0	.0	.0	.0
MARGARINE-----	1.0	4.8	.1	11.3	*	.4	.0	9.8	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.1	3.6	.1	8.2	.3	.2	.2	.4	.1	.2	*	*
LARD-----	.2	1.4	.0	3.3	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.6	2.7	*	6.3	.1	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.0	9.9	.8	1.0	22.0	2.0	3.4	1.0	1.0	.9	.7	6.1
SUGAR, SIRUP, JELLY, CANDY-----	3.4	8.1	.5	1.0	17.8	1.6	3.1	.1	.8	.8	.6	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.5	.4	*	*	1.0	.4	.1	.9	.2	*	.1	5.6
NO ADDED VITAMIN C-----	2.2	1.4	.3	.1	3.2	.1	.1	*	*	.1	*	.2
OTHER FOOD-----	6.4	1.4	.2	.1	2.2	4.2	4.2	.1	.3	2.1	16.3	.0
ALCOHOLIC BEVERAGE-----	2.5	.6	.1	.0	.4	.2	*	.0	*	.4	.7	.0
SOME NUTRITIVE VALUE-----	3.2	.8	.2	.1	1.9	4.0	4.2	.1	.3	1.7	15.6	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

† SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

RURAL NONFARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		3,149	103.8	148.1	354.0	1,090	19.5	6,140	1.57	2.25	24.4	91
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.6	13.1	20.6	15.2	8.7	60.8	1.4	15.0	10.7	40.2	2.6	6.4
MILK-----	7.9	8.0	14.1	8.4	5.8	45.5	.3	8.1	8.2	31.5	1.8	4.6
CREAM, ICE CREAM-----	2.7	2.6	1.7	3.4	2.1	5.3	.2	3.2	1.0	3.7	.2	.5
CHEESE-----	2.3	1.8	4.4	2.8	.2	8.4	.7	2.7	.5	3.8	.1	.0
SOUP, MIXTURES-----	.7	.6	.5	.6	.6	1.6	.2	1.0	1.0	1.3	.5	1.3
MEAT, POULTRY, FISH-----	28.9	20.7	39.0	35.6	.2	2.8	27.4	5.9	19.5	19.5	35.0	.2
BEEF-----	12.9	8.5	18.3	14.0	*	1.0	14.3	.5	3.2	6.8	14.7	.0
BACON, SALT PORK-----	1.9	3.6	1.4	7.9	*	.2	1.0	.0	1.7	.8	1.0	.0
OTHER PORK-----	4.6	3.5	5.6	6.4	*	.3	4.4	.0	9.7	2.8	4.7	.0
LIVER-----	*	*	.1	*	*	*	.5	1.6	*	.7	.3	.1
LUNCHMEAT, FRANKFURTERS-----	2.9	2.3	3.2	4.2	.1	.2	2.6	.7	3.0	2.7	3.0	.0
OTHER MEAT-----	.8	.3	1.0	.3	*	*	.4	*	.4	.8	1.0	*
POULTRY-----	3.7	1.6	6.4	1.7	*	.4	3.3	2.9	1.1	4.2	6.5	.0
FISH, SHELLFISH-----	2.1	.9	3.0	1.2	*	.6	.8	.3	.5	.7	3.8	.1
OTHER PROTEIN FOOD-----	6.2	6.5	12.6	8.3	3.3	5.0	12.7	10.8	8.1	8.7	7.3	.4
EGGS-----	3.1	2.6	6.2	3.9	.1	2.5	5.9	9.6	2.9	6.3	.2	.0
DRY LEGUMES-----	.5	1.5	3.0	.4	2.1	1.6	4.8	.2	3.1	1.1	1.1	*
NUTS, PEANUT BUTTER-----	1.2	1.7	2.1	3.2	.5	.5	1.1	*	1.3	.5	5.0	*
SOUP, MIXTURES-----	1.2	.7	1.1	.7	.5	.3	.9	.9	.6	.0	.8	.2
ALL VEGETABLES-----	12.6	5.6	5.1	2.1	9.7	5.3	12.1	44.7	11.3	6.3	11.3	40.4
POTATOES-----	2.7	2.8	1.9	1.4	4.6	.7	3.0	*	4.5	1.5	5.8	11.2
DARK GREEN-----	.5	*	.1	*	.1	.4	.5	4.9	.2	.3	.2	3.9
DEEP YELLOW-----	.5	.2	.2	*	.4	.4	.5	20.3	.4	.2	.3	.9
TOMATOES-----	2.0	.6	.6	.1	1.1	.5	2.1	8.1	1.9	.9	1.9	9.1
OTHER-----	6.3	1.6	2.0	.3	3.1	3.1	5.6	8.3	4.0	3.0	2.7	15.0
SOUP, MIXTURES-----	.6	.3	.3	.3	.3	.2	.4	2.9	.2	.3	.3	.4
ALL FRUIT-----	9.1	4.3	1.2	.4	9.5	2.7	4.8	7.5	6.2	2.7	2.9	43.3
CITRUS-----	2.7	1.1	.5	*	2.5	1.4	1.2	2.4	3.7	.8	.9	34.3
OTHER VITAMIN C-RICH-----	.4	*	*	*	.2	*	.2	.6	.1	.1	.1	2.9
OTHER-----	6.0	3.0	.6	.3	6.8	1.1	3.4	4.5	2.4	1.7	1.9	6.1
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

RURAL NONFARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.5	17.9	16.2	3.1	31.7	11.0	30.6	.2	40.0	17.3	21.3	.5
FLOUR-----	1.1	6.0	5.2	.4	11.1	1.7	7.7	*	11.6	5.8	6.6	.0
CEREAL, PASTES-----	2.7	4.5	3.8	.6	8.3	2.9	12.5	*	14.7	3.8	6.3	.3
BREAD-----	3.1	6.3	6.2	1.6	10.5	5.6	9.2	*	11.8	6.6	7.3	.0
OTHER BAKERY PRODUCTS-----	.7	1.2	1.0	.5	1.8	.8	1.2	.1	1.9	1.1	1.0	.2
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.9	7.3	4.0	4.7	10.9	4.5	3.3	1.2	2.9	2.3	2.3	.4
FLOUR-----	.6	1.6	.6	.8	2.7	1.8	.5	*	.3	.4	.2	.0
CEREAL, PASTES-----	.3	.6	.5	.1	1.1	*	.4	*	.7	.2	.3	.0
BREAD-----	.3	.5	.5	.1	.9	.5	.4	.0	.5	.2	.3	.0
OTHER BAKERY PRODUCTS-----	2.6	4.0	1.8	3.1	5.4	1.5	1.5	.4	.9	1.1	.9	.0
SOUP, MIXTURES-----	1.1	.7	.6	.6	.8	.6	.5	.7	.4	.5	.5	.4
FATS, OILS-----	3.5	12.6	.3	29.6	.5	.6	.2	12.7	.1	.2	*	*
BUTTER-----	.8	1.3	*	3.2	*	.1	.0	3.2	.0	.0	.0	.0
MARGARINE-----	.8	3.8	*	9.2	*	.3	.0	9.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.1	3.3	.1	7.5	.4	.2	.2	.5	.1	.2	*	*
LARD-----	.3	2.1	.0	4.8	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.5	2.1	*	4.9	*	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	7.2	10.6	.8	1.0	23.3	2.5	3.2	2.1	1.1	.8	.7	3.4
SUGAR, SIRUP, JELLY, CANDY-----	3.5	8.4	.5	.9	18.3	1.6	2.9	*	.6	.7	.6	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.6	.5	*	*	1.2	.8	.2	2.0	.4	*	*	7.7
NO ADDED VITAMIN C-----	3.1	1.7	.3	*	3.8	.1	.1	*	*	*	*	.4
OTHER FOOD-----	6.5	1.5	.2	.1	2.2	4.8	4.1	*	.1	2.0	16.8	.0
ALCOHOLIC BEVERAGE-----	2.9	.7	*	.0	.3	.2	*	.0	.0	.4	.7	.0
SOME NUTRITIVE VALUE-----	3.0	.8	.1	.1	1.8	4.6	4.0	*	.1	1.5	16.1	.0
NO NUTRITIVE VALUE-----	.6	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

RURAL NONFARM

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,359	106.6	161.6	376.6	1,106	19.8	7,800	1.63	2.53	25.4	114	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.4	11.7	20.6	13.0	7.7	63.1	1.1	10.8	10.2	37.3	2.3	4.5
MILK-----	9.0	8.4	15.6	8.3	6.2	51.4	.3	6.9	9.2	32.1	2.0	4.2
CREAM, ICE CREAM-----	1.8	1.5	1.0	1.8	1.3	3.2	.1	1.4	.6	2.0	.1	.3
CHEESE-----	2.4	1.8	3.9	2.8	.1	8.4	.7	2.4	.4	3.1	.1	.0
SOUP, MIXTURES-----	.1	.1	*	.1	.1	.1	.1	*	*	.1	.1	*
MEAT, POULTRY, FISH-----	29.8	20.8	38.6	35.6	.3	2.5	28.9	14.4	19.2	22.3	35.6	.7
BEEF-----	12.4	8.0	18.2	12.8	.0	1.0	14.6	.4	3.1	6.2	14.5	.0
BACON, SALT PORK-----	2.9	4.2	1.6	9.2	.1	.2	1.2	.0	2.0	.9	1.2	.0
OTHER PORK-----	3.9	2.7	4.0	4.9	*	.2	3.3	.0	7.5	2.1	3.4	.0
LIVER-----	.2	.1	.5	.1	*	*	.9	11.3	.2	3.1	1.2	.5
LUNCHMEAT, FRANKFURTERS-----	3.9	3.0	4.1	5.4	.1	.2	3.4	.1	3.9	2.8	3.7	.0
OTHER MEAT-----	.6	.3	1.0	.4	*	.1	1.6	.2	.8	3.3	1.3	.2
POULTRY-----	3.4	1.4	5.8	1.5	.0	.4	2.9	1.9	.9	3.2	6.0	.0
FISH, SHELLFISH-----	2.6	1.1	3.5	1.4	*	.4	1.0	.5	.6	.7	4.3	.0
OTHER PROTEIN FOOD-----	5.4	5.0	10.2	6.3	2.4	4.5	10.6	8.7	5.5	7.2	5.5	.4
EGGS-----	3.1	2.4	6.0	3.5	.1	2.4	5.8	7.5	2.6	5.6	.2	.0
DRY LEGUMES-----	.7	1.1	1.9	.3	1.6	1.3	3.2	.3	1.7	.5	.8	.3
NUTS, PEANUT BUTTER-----	.9	1.2	1.6	2.2	.4	.5	.8	*	.7	.5	3.7	*
SOUP, MIXTURES-----	.3	.1	.2	.1	.1	.1	.6	.7	.1	.3	.2	*
ALL VEGETABLES-----	13.1	6.0	6.0	1.6	11.1	5.5	14.0	35.0	13.4	6.6	13.4	24.6
POTATOES-----	2.6	2.7	1.9	.9	4.6	.7	3.1	.0	4.4	1.4	5.8	9.3
DARK GREEN-----	.4	.2	.3	*	.4	.4	.9	3.6	.8	.5	1.0	19.0
DEEP YELLOW-----	.3	.1	.1	*	.2	.3	.3	11.9	.2	.1	.2	.4
TOMATOES-----	2.6	.8	.9	.1	1.5	.9	2.8	10.2	3.1	1.3	2.8	13.7
OTHER-----	6.6	2.0	2.4	.4	4.0	3.1	6.5	6.6	4.7	3.1	3.3	11.9
SOUP, MIXTURES-----	.5	.2	.3	.1	.3	.1	.4	2.7	.2	.1	.4	.3
ALL FRUIT-----	10.5	4.2	1.5	.4	9.5	2.7	6.6	18.1	6.4	3.4	3.8	32.5
CITRUS-----	1.2	.6	.3	*	1.3	.5	.6	1.0	2.0	.3	.5	15.8
OTHER VITAMIN C-RICH-----	.5	.1	.1	*	.3	.2	.3	6.6	.4	.2	.4	4.3
OTHER-----	8.8	3.5	1.1	.3	7.9	2.0	5.6	10.5	4.0	2.9	2.9	11.8
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

† SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

RURAL NONFARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.7	19.8	18.4	3.4	35.0	11.2	29.5	.2	42.1	18.4	23.0	.1
FLOUR-----	1.4	7.6	6.7	.6	14.0	2.3	10.3	*	15.0	6.9	8.5	.0
CEREAL, PASTES-----	2.2	4.5	3.9	.8	8.3	1.7	7.5	.1	12.7	3.9	5.6	*
BREAD-----	3.8	7.1	7.3	1.7	11.8	6.7	11.1	.0	13.6	7.2	8.4	.0
OTHER BAKERY PRODUCTS-----	.3	.6	.5	.3	.9	.4	.6	.1	.8	.5	.5	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.5	5.8	3.2	4.0	8.2	3.3	2.4	.7	1.8	1.8	1.6	.4
FLOUR-----	.4	.8	.2	.5	1.2	.5	.2	.0	.1	.1	.1	.0
CEREAL, PASTES-----	*	*	*	*	.1	*	*	.0	*	*	*	.0
BREAD-----	.2	.4	.4	.1	.7	.4	.3	.0	.4	.2	.2	.0
OTHER BAKERY PRODUCTS-----	2.8	3.7	1.7	2.9	5.1	1.6	1.4	.3	.9	1.0	.8	.0
SOUP, MIXTURES-----	1.0	.9	.8	.5	1.1	.9	.5	.4	.4	.5	.5	.4
FATS, OILS-----	3.8	14.8	.3	34.2	.3	.6	.2	11.1	.1	.2	*	*
BUTTER-----	.9	1.4	*	3.4	*	.1	.0	2.9	.0	.0	.0	.0
MARGARINE-----	.9	4.0	.1	9.3	*	.3	.0	7.9	.0	.0	.0	.0
OIL, SALAD DRESSING-----	.9	3.4	.1	7.8	.2	.2	.2	.4	.1	.2	*	*
LARD-----	.3	2.4	.0	5.5	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.8	3.5	*	8.2	.1	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	6.5	10.8	1.0	1.3	23.6	2.0	3.2	1.0	1.1	.9	1.0	6.7
SUGAR, SIRUP, JELLY, CANDY-----	3.7	8.7	.7	1.2	18.7	1.6	3.0	.1	1.0	.8	.9	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.6	.7	*	*	1.5	.4	.2	.9	.2	.1	.1	6.4
NO ADDED VITAMIN C-----	2.2	1.5	.3	.1	3.3	*	.1	.0	*	*	*	*
OTHER FOOD-----	5.4	1.1	.2	.1	1.8	4.6	3.5	*	.1	1.8	13.7	.0
ALCOHOLIC BEVERAGE-----	1.6	.4	.1	.0	.3	.1	*	.0	*	.3	.6	.0
SOME NUTRITIVE VALUE-----	2.9	.7	.1	.1	1.5	4.4	3.4	*	.1	1.5	13.1	.0
NO NUTRITIVE VALUE-----	.8	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

RURAL WISCONSIN

FOOD GROUP #	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,405	117.0	167.7	360.6	1,193	20.4	7,320	1.63	2.53	27.1	85	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.9	13.6	21.4	15.2	9.3	65.4	1.4	14.0	11.1	41.6	2.4	6.6
MILK-----	8.4	9.2	15.4	9.3	7.0	51.6	.3	8.6	9.6	34.6	2.0	6.1
CREAM, ICE CREAM-----	1.8	2.0	1.3	2.5	1.9	4.2	.2	2.2	.9	2.8	.1	.5
CHEESE-----	2.4	2.1	4.5	3.1	.2	9.2	.8	2.9	.5	3.8	.1	.0
SOUP, MIXTURES-----	.3	.2	.2	.2	.2	.4	.1	.2	.1	.3	.1	*
MEAT, POULTRY, FISH-----	34.9	21.8	41.6	35.1	.2	2.8	29.6	5.8	20.1	20.7	39.2	.2
BEEF-----	13.5	9.0	17.9	14.4	.0	1.0	15.3	.5	3.5	6.7	14.8	.0
BACON, SALT PORK-----	2.2	2.8	1.0	6.0	*	.2	.9	.0	1.4	.6	.8	.0
OTHER PORK-----	4.6	3.0	4.1	5.4	*	.2	3.5	.0	7.9	2.1	3.5	.0
LIVER-----	*	*	.1	*	*	*	.1	1.9	*	.5	.2	.1
LUNCHMEAT, FRANKFURTERS-----	2.9	2.1	2.7	3.6	.1	.2	2.3	.2	2.5	2.1	2.4	.5
OTHER MEAT-----	3.9	1.2	3.9	1.4	*	.2	1.9	.0	1.9	3.4	4.5	.0
POULTRY-----	5.4	2.8	9.0	3.3	*	.6	4.5	3.0	2.1	4.0	10.1	.0
FISH, SHELLFISH-----	2.3	.8	2.8	.9	*	.5	1.0	.2	.7	.6	2.8	.1
OTHER PROTEIN FOOD-----	5.6	5.8	11.0	6.7	3.2	4.8	12.7	9.8	7.3	8.1	4.7	.3
EGGS-----	3.6	2.8	6.4	4.0	.1	2.6	6.5	9.3	3.3	6.5	.2	.0
DRY LEGUMES-----	.8	1.6	2.9	.3	2.5	1.6	5.0	.2	2.8	1.0	1.1	.2
NUTS, PEANUT BUTTER-----	.9	1.2	1.3	2.2	.3	.4	.8	*	.9	.4	2.9	*
SOUP, MIXTURES-----	.3	.2	.3	.2	.2	.1	.3	.2	.2	.2	.2	*
ALL VEGETABLES-----	12.2	6.5	5.3	1.8	12.7	5.6	13.3	48.1	13.4	6.4	12.9	57.3
POTATOES-----	2.1	3.4	2.3	1.2	6.2	.9	3.8	.0	5.8	1.8	7.1	16.4
DARK GREEN-----	.7	.1	.1	*	.2	.3	.5	3.9	.3	.3	.3	7.5
DEEP YELLOW-----	.9	.5	.3	.1	1.1	.6	.9	28.1	.7	.4	.5	2.4
TOMATOES-----	2.9	.9	.8	.2	1.8	.8	2.8	10.7	3.0	1.3	2.7	16.1
OTHER-----	5.3	1.6	1.8	.3	3.3	3.0	5.2	4.6	3.5	2.5	2.2	14.9
SOUP, MIXTURES-----	.2	.1	.1	*	.1	*	.1	.8	.1	*	.1	.2
ALL FRUIT-----	7.1	3.6	.9	.4	8.6	1.6	3.8	6.8	4.7	2.2	2.4	50.0
CITRUS-----	1.4	.5	.2	*	1.3	.6	.6	.8	1.7	.3	.4	19.5
OTHER VITAMIN C-RICH-----	*	*	*	*	.1	*	.1	1.3	.1	*	.1	1.2
OTHER-----	5.6	3.0	.6	.3	7.2	1.0	3.1	4.6	2.9	1.8	1.8	9.2
MIXTURES-----	.1	*	*	*	.1	*	*	.1	*	*	*	.1

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

RURAL HOME

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.0	17.6	15.3	2.9	33.1	10.0	27.5	.2	39.7	15.8	19.0	.1
FLOUR-----	1.1	6.3	5.2	.4	12.5	2.0	8.5	.0	12.8	5.9	6.8	.0
CEREAL, PASTES-----	2.5	4.5	3.6	.8	8.7	2.0	8.9	.2	13.9	3.2	4.5	.1
BREAD-----	3.1	6.2	6.0	1.5	11.0	5.7	9.6	.0	12.1	6.3	7.1	.0
OTHER BAKERY PRODUCTS-----	.3	.5	.4	.3	.9	.3	.5	*	.9	.5	.5	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.3	6.2	3.3	3.9	9.6	2.8	3.0	1.5	2.4	1.8	1.9	.4
FLOUR-----	.3	.7	.3	.3	1.2	.7	.3	*	.2	.2	.1	.0
CEREAL, PASTES-----	.3	.8	.7	.1	1.6	.1	.6	.1	.8	.2	.4	.0
BREAD-----	.3	.3	.3	.1	.6	.3	.4	.0	.4	.2	.2	.0
OTHER BAKERY PRODUCTS-----	2.7	3.9	1.7	3.0	5.6	1.2	1.4	.3	.8	.9	.8	.1
SOUP, MIXTURES-----	.6	.4	.4	.4	.5	.4	.3	1.1	.3	.4	.3	.3
FATS, OILS-----	3.8	14.5	.3	32.9	.4	.7	.3	13.2	.1	.1	*	*
BUTTER-----	.5	.8	*	1.9	*	.1	.0	1.7	.0	.0	.0	.0
MARGARINE-----	1.1	5.2	.1	11.9	*	.4	.0	11.1	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	4.3	.1	9.7	.3	.2	.3	.4	.1	.1	*	*
LARD-----	.2	1.1	.0	2.5	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.7	3.0	*	6.9	*	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	5.1	8.9	.7	1.0	20.6	2.0	3.7	.6	.9	1.0	.5	5.1
SUGAR, SIRUP, JELLY, CANDY-----	3.2	7.6	.4	1.0	17.5	1.9	3.6	.1	.7	.9	.4	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.3	.3	*	*	.7	.1	.1	.4	.2	*	*	4.5
NO ADDED VITAMIN C-----	1.6	1.0	.2	*	2.4	*	*	*	*	*	*	.4
OTHER FOOD-----	7.1	1.5	.3	.1	2.4	4.5	4.7	*	.3	2.2	17.2	.0
ALCOHOLIC BEVERAGE-----	2.9	.7	.1	.0	.4	.2	.1	.0	*	.4	.6	.0
SOME NUTRITIVE VALUE-----	3.5	.8	.2	.1	2.1	4.3	4.6	*	.3	1.9	16.6	.0
NO NUTRITIVE VALUE-----	.8	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

WEST

RURAL NONFARM

FOOD GROUP #	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,271	112.7	151.1	371.6	1,305	20.5	8,320	1.61	2.62	26.0	97	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	14.8	14.3	23.6	15.6	10.2	65.0	1.4	11.2	13.3	45.4	2.9	6.8
MILK-----	11.2	11.0	19.1	11.2	8.2	56.2	.5	8.1	12.0	40.1	2.5	6.5
CREAM, ICE CREAM-----	1.6	1.8	1.2	2.2	1.6	3.5	.1	1.5	.8	2.5	.1	.4
CHEESE-----	1.5	1.3	3.0	1.9	.1	4.9	.5	1.4	.3	2.4	.1	.0
SOUP, MIXTURES-----	.5	.3	.2	.4	.3	.3	.2	.1	.1	.4	.2	*
MEAT, POULTRY, FISH-----	29.0	18.8	36.6	32.1	.1	2.0	25.9	6.6	15.1	16.4	33.3	.2
BEEF-----	14.3	9.3	19.1	15.5	.0	1.0	15.5	.4	3.5	6.7	15.7	.0
BACON, SALT PORK-----	1.8	2.6	1.0	6.0	*	.1	.8	.0	1.3	.5	.0	.0
OTHER PORK-----	3.5	2.0	3.3	3.7	*	.2	2.7	.0	6.2	1.5	2.8	.0
LIVER-----	.1	*	.1	*	*	*	.2	2.4	.1	.7	.3	.1
LUNCHMEAT, FRANKFURTERS-----	2.4	1.7	2.3	3.3	.1	.1	2.0	.7	2.2	1.9	2.2	.0
OTHER MEAT-----	.5	.1	.4	.1	.0	*	.2	.0	.2	.3	.4	.0
POULTRY-----	3.7	2.0	6.9	2.3	.0	.4	3.7	2.8	1.1	4.2	7.2	.0
FISH, SHELLFISH-----	2.7	1.0	3.5	1.3	*	.2	.8	.3	.6	.6	4.0	.1
OTHER PROTEIN FOOD-----	6.4	6.1	11.3	8.7	2.2	3.8	10.7	8.6	6.4	7.6	6.8	.3
EGGS-----	4.2	2.9	6.7	4.5	.1	2.4	6.6	8.3	3.3	6.4	.2	.0
DRY LEGUMES-----	.5	.9	1.6	.1	1.4	.7	2.6	.1	1.6	.5	.7	.1
NUTS, PEANUT BUTTER-----	1.2	2.1	2.4	4.0	.6	.6	1.2	*	1.2	.5	5.5	.1
SOUP, MIXTURES-----	.2	.1	.5	.1	.1	.1	.2	.1	.2	.1	.1	*
ALL VEGETABLES-----	13.3	6.6	6.2	1.4	12.3	6.0	15.5	53.9	14.5	7.2	13.3	51.3
POTATOES-----	2.0	2.8	2.0	.8	5.0	.7	3.2	*	5.0	1.5	6.1	12.4
DARK GREEN-----	.5	.1	.2	*	.1	.4	.6	3.6	.3	.3	.2	3.7
DEEP YELLOW-----	1.1	.7	.4	.1	1.4	.8	1.1	32.5	1.2	.7	.7	3.3
TOMATOES-----	2.1	.8	.7	.1	1.6	.6	3.0	8.5	2.7	1.1	2.6	11.4
OTHER-----	7.3	2.1	2.7	.3	4.0	3.5	7.4	7.7	5.1	3.4	3.4	20.2
SOUP, MIXTURES-----	.3	.1	.2	.1	.2	.1	.2	1.6	.2	.1	.3	.2
ALL FRUIT-----	7.3	3.9	1.0	.5	8.6	2.2	4.4	3.7	5.8	2.3	2.5	36.8
CITRUS-----	2.3	1.0	.5	.1	2.2	1.3	1.2	1.6	3.4	.7	.8	30.5
OTHER VITAMIN C-RICH-----	.2	.1	*	*	.2	*	.1	*	*	.1	*	1.3
OTHER-----	4.8	2.8	.5	.4	6.2	.8	3.2	2.1	2.4	1.5	1.6	5.1
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

WEST

RURAL NONFARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	8.3	19.1	16.5	4.2	32.9	12.9	30.6	.3	40.8	15.8	21.0	.2
FLOUR-----	.9	4.4	3.4	.6	8.0	3.2	5.6	*	8.6	3.9	4.5	.0
CEREAL, PASTES-----	2.7	5.1	4.0	.7	9.3	2.3	11.5	.2	14.5	3.3	5.9	.1
BREAD-----	4.0	8.4	8.2	2.2	13.9	6.7	12.3	.0	16.1	7.8	9.7	.0
OTHER BAKERY PRODUCTS-----	.8	1.2	.8	.7	1.7	.6	1.1	.1	1.7	.8	.9	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	5.1	6.9	3.6	4.8	10.0	2.8	3.4	.7	2.6	2.2	2.2	.2
FLOUR-----	.5	1.1	.4	.6	1.9	.9	.2	*	.1	.3	.1	.0
CEREAL, PASTES-----	.2	.3	.3	.1	.6	*	.3	*	.5	.1	.2	.0
BREAD-----	.1	.2	.2	*	.4	.2	.2	.0	.2	.1	.2	.0
OTHER BAKERY PRODUCTS-----	3.8	4.9	2.3	3.9	6.6	1.5	2.2	.4	1.2	1.4	1.2	.0
SOUP, MIXTURES-----	.6	.3	.4	.2	.5	.2	.5	.3	.5	.3	.5	.2
FATS, OILS-----	3.6	13.2	.3	31.9	.3	.7	.2	14.1	.1	.1	*	*
BUTTER-----	1.0	1.6	*	3.9	*	.1	.0	2.9	.0	.0	.0	.0
MARGARINE-----	1.2	6.1	.1	14.8	*	.4	.0	11.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.0	3.2	.1	7.6	.3	.1	.2	.3	.1	.1	*	*
LARD-----	*	.2	.0	.5	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.4	2.1	*	5.1	*	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	5.5	9.5	.7	.8	20.8	1.6	3.4	.7	1.0	.7	.6	4.1
SUGAR, SIRUP, JELLY, CANDY-----	3.2	7.7	.3	.7	16.8	1.3	3.1	.1	.8	.7	.5	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.5	.3	*	*	.7	.2	.1	.7	.2	*	.1	3.7
NO ADDED VITAMIN C-----	1.9	1.5	.3	.1	3.3	.1	.2	*	*	.1	*	*
OTHER FOOD-----	6.6	1.6	.2	.1	2.6	3.1	4.6	.2	.4	2.2	17.4	.0
ALCOHOLIC BEVERAGE-----	2.6	.7	.1	.0	.4	.2	.0	.0	*	.5	.9	.0
SOME NUTRITIVE VALUE-----	3.3	.9	.1	.1	2.1	3.0	4.6	.2	.4	1.7	16.5	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

WEST

RURAL FARM

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,601	120.6	177.5	388.2	1,251	21.8	8,150	1.67	2.69	27.7	1.04	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	14.0	13.9	21.5	15.8	9.4	64.0	1.5	14.0	11.7	40.8	2.6	6.1
MILK-----	8.5	9.0	15.3	9.2	6.8	50.0	.3	8.0	9.8	33.3	2.0	5.2
CREAM, ICE CREAM-----	2.9	2.8	1.7	3.8	2.2	5.2	.2	3.3	1.1	3.5	.2	.6
CHEESE-----	2.2	1.8	4.3	2.6	.2	8.3	.8	2.3	.5	3.6	.1	.0
SOUP, MIXTURES-----	.4	.3	.2	.3	.2	.6	.2	.3	.4	.4	.2	.3
MEAT, POULTRY, FISH-----	35.3	23.8	42.6	39.7	.2	2.9	32.4	13.6	20.8	21.9	39.4	.6
BEEF-----	20.0	12.7	24.3	20.7	*	1.4	19.9	.7	4.6	8.8	20.2	.0
BACON, SALT PORK-----	2.1	3.1	1.2	6.6	*	.2	.9	.0	1.6	.7	.9	.0
OTHER PORK-----	4.6	3.4	5.1	6.1	*	.3	4.2	.0	9.8	2.5	4.4	.0
LIVER-----	.3	.1	.5	.1	*	*	1.1	10.1	.3	3.1	1.2	.6
LUNCHMEAT, FRANKFURTERS-----	2.1	1.7	2.3	2.9	.1	.1	2.0	.5	2.4	1.9	2.3	.0
OTHER MEAT-----	1.2	.5	1.3	.7	*	.1	.7	.0	.7	1.1	1.5	.0
POULTRY-----	3.2	1.6	5.6	1.8	*	.3	2.8	2.1	1.1	3.3	6.1	*
FISH, SHELLFISH-----	1.7	.7	2.3	.8	*	.5	.7	.3	.4	.5	2.3	*
OTHER PROTEIN FOOD-----	5.0	5.2	9.9	6.8	2.1	4.1	10.0	9.1	6.4	7.4	4.7	.3
EGGS-----	3.0	2.7	6.3	3.8	.1	2.6	6.2	8.6	3.2	6.3	.2	.0
DRY LEGUMES-----	.4	.8	1.5	.2	1.3	.9	2.5	.2	1.4	.5	.6	.2
NUTS, PEANUT BUTTER-----	1.0	1.4	1.5	2.5	.4	.5	.9	*	1.3	.5	3.5	*
SOUP, MIXTURES-----	.3	.2	.4	.2	.2	.1	.3	.3	.2	.2	.2	.1
ALL VEGETABLES-----	11.6	6.0	5.7	1.6	11.5	5.6	13.3	38.6	14.0	6.7	12.7	44.8
POTATOES-----	2.2	3.1	2.2	1.1	5.6	.8	3.5	*	5.6	1.7	6.8	13.5
DARK GREEN-----	.3	*	.1	*	.1	.4	.5	3.8	.2	.3	.1	2.5
DEEP YELLOW-----	.6	.3	.2	*	.6	.5	.6	20.0	.6	.4	.4	1.4
TOMATOES-----	1.8	.6	.6	.1	1.3	.5	2.0	7.1	2.2	.9	2.0	9.7
OTHER-----	6.5	1.9	2.4	.3	3.8	3.3	6.5	6.8	5.3	3.4	3.3	17.6
SOUP, MIXTURES-----	.2	.1	.1	*	.1	.1	.1	.9	.1	.1	.1	.2
ALL FRUIT-----	8.5	4.4	1.2	.4	10.2	2.9	5.3	10.2	6.6	2.9	3.2	41.4
CITRUS-----	2.1	.9	.4	.1	2.1	1.1	1.0	1.4	3.1	.6	.4	28.6
OTHER VITAMIN C-RICH-----	.6	.1	.1	*	.3	.2	.3	2.7	.2	.2	.2	4.6
OTHER-----	5.8	3.3	.8	.4	7.8	1.6	4.0	6.1	3.2	2.1	2.2	8.2
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR 1965-1966 BY FOOD GROUP



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

WEST

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.5	15.9	14.3	2.8	29.3	10.8	25.7	.2	36.0	14.8	18.7	.4
FLOUR-----	.9	5.0	4.2	.4	9.7	2.7	6.7	*	10.5	4.7	5.5	.0
CEREAL, PASTES-----	2.1	3.7	3.2	.5	7.2	1.9	8.6	.1	11.6	3.0	5.1	.2
BREAD-----	3.1	6.4	6.4	1.5	11.2	5.8	9.7	.0	13.0	6.5	7.6	.0
OTHER BAKERY PRODUCTS-----	.5	.7	.5	.4	1.1	.4	.8	.1	1.0	.6	.5	.2
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.1	6.3	3.4	3.8	9.8	3.3	3.0	.7	2.6	1.9	1.8	.2
FLOUR-----	.6	1.3	.5	.6	2.3	1.3	.4	*	.3	.3	.2	.0
CEREAL, PASTES-----	.2	.5	.4	.1	1.0	.1	.4	*	.6	.1	.3	.0
BREAD-----	.3	.4	.4	.1	.8	.3	.3	*	.4	.2	.2	.0
OTHER BAKERY PRODUCTS-----	2.3	3.6	1.7	2.6	5.1	1.3	1.6	.4	1.0	1.0	.8	*
SOUP, MIXTURES-----	.6	.5	.4	.4	.7	.3	.3	.3	.3	.2	.3	.2
FATS, OILS-----	3.5	12.2	.3	27.6	.4	.6	.2	12.6	.1	.1	*	*
BUTTER-----	1.0	1.8	*	4.1	*	.1	.0	3.7	.0	.0	.0	.0
MARGARINE-----	1.0	4.2	.1	9.7	*	.3	.0	8.6	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.0	3.3	.1	7.3	.3	.2	.2	.3	.1	.1	*	*
LARD-----	.2	1.2	*	2.6	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.4	1.7	*	3.8	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.9	11.0	.9	1.3	24.9	2.7	4.0	.9	1.2	1.2	.8	6.2
SUGAR, SIRUP, JELLY, CANDY-----	3.8	9.3	.6	1.3	20.9	2.2	3.7	.2	1.0	1.1	.7	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.5	.5	*	*	1.2	.3	.2	.7	.2	.1	.1	5.7
NO ADDED VITAMIN C-----	1.7	1.2	.2	*	2.8	.2	.1	*	*	.1	*	.1
OTHER FOOD-----	5.7	1.4	.3	.2	2.3	3.0	4.4	.1	.7	2.2	16.1	.0
ALCOHOLIC BEVERAGE-----	1.9	.5	.1	.0	.3	.1	*	.0	*	.3	.6	.0
SOME NUTRITIVE VALUE-----	2.9	.9	.2	.2	2.0	2.9	4.4	.1	.6	1.9	15.5	.0
NO NUTRITIVE VALUE-----	.8	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

WEST

RURAL FARM

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,677	121.8	183.0	392.6	1,204	22.2	8,010	1.72	2.69	27.8	104	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	12.9	12.6	19.5	14.4	8.6	60.8	1.3	13.3	10.4	37.3	2.3	5.5
MILK-----	7.9	8.0	13.8	8.1	6.1	47.2	.3	7.5	8.6	30.3	1.9	4.8
CREAM, ICE CREAM-----	2.8	2.8	1.6	3.9	2.1	5.3	.2	3.5	1.1	3.4	.2	.5
CHEESE-----	2.0	1.6	3.9	2.2	.2	7.8	.7	2.1	.4	3.3	*	.0
SOUP, MIXTURES-----	.3	.2	.2	.2	.2	.5	.2	.2	.3	.4	.2	.2
MEAT, POULTRY, FISH-----	34.2	24.3	43.1	40.4	.2	3.1	33.3	17.9	22.9	24.3	40.4	.8
BEEF-----	18.4	11.9	23.1	19.2	.0	1.4	18.8	.6	4.4	8.5	19.3	.0
BACON, SALT PORK-----	1.9	3.5	1.3	7.3	*	.2	1.0	.0	1.8	.8	1.1	.0
OTHER PORK-----	5.1	4.1	6.1	7.1	*	.4	5.0	.0	11.7	3.1	5.3	.0
LIVER-----	.3	.2	.7	*	*	*	1.6	13.7	.4	4.2	1.6	.7
LUNCHMEAT, FRANKFURTERS-----	2.7	2.2	3.1	3.9	.1	.2	2.7	.9	3.0	2.7	3.1	.0
OTHER MEAT-----	1.0	.3	1.0	.4	*	*	.6	.0	.5	.9	1.2	.0
POULTRY-----	3.2	1.6	5.6	1.7	*	.4	3.0	2.5	.9	3.7	6.2	*
FISH, SHELLFISH-----	1.6	.6	2.1	.7	*	.6	.6	.2	.3	.5	2.6	*
OTHER PROTEIN FOOD-----	5.5	5.7	11.1	7.1	2.5	4.7	11.3	10.2	6.7	8.2	5.1	.4
EGGS-----	3.2	2.9	6.8	4.1	.1	2.9	6.7	9.5	3.4	6.8	.2	.0
DRY LEGUMES-----	.5	1.0	1.9	.2	1.7	1.2	3.3	.2	1.8	.6	.8	.2
NUTS, PEANUT BUTTER-----	1.0	1.4	1.6	2.5	.4	.5	.9	*	1.1	.4	3.5	*
SOUP, MIXTURES-----	.5	.3	.6	.3	.2	.1	.4	.5	.3	.3	.4	.1
ALL VEGETABLES-----	11.8	5.7	5.2	1.8	10.6	5.6	12.2	35.9	12.3	6.0	11.9	41.5
POTATOES-----	2.7	3.2	2.1	1.4	5.5	.8	3.5	*	5.4	1.6	6.7	13.0
DARK GREEN-----	.4	*	.2	*	*	.5	.6	4.5	.3	.4	.2	3.4
DEEP YELLOW-----	.5	.2	.1	*	.4	.4	.5	16.9	.4	.2	.3	.8
TOMATOES-----	1.4	.5	.5	*	1.1	.4	1.7	6.0	1.7	.7	1.7	7.4
OTHER-----	6.5	1.6	2.1	.3	3.3	3.3	5.8	7.0	4.4	3.0	2.9	16.6
SOUP, MIXTURES-----	.3	.1	.2	*	.2	*	.2	1.4	.1	*	.2	.3
ALL FRUIT-----	8.4	4.1	1.2	.4	9.6	3.2	5.1	7.6	6.0	2.9	3.1	44.5
CITRUS-----	2.1	.9	.4	*	2.1	1.2	.9	1.4	3.1	.7	.8	29.9
OTHER VITAMIN C-RICH-----	.9	.2	*	*	.5	.2	.6	1.0	.3	.3	.3	7.3
OTHER-----	5.4	3.0	.7	.3	7.0	1.7	3.6	5.1	2.6	1.9	2.0	8.3
MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

WEST

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	7.0	16.2	14.7	2.8	30.1	11.6	25.2	.3	36.6	15.5	19.1	.5
FLOUR-----	.9	5.1	4.3	.4	10.0	2.9	6.8	*	10.6	4.9	5.7	.0
CEREAL, PASTES-----	2.3	3.9	3.3	.6	7.6	1.9	7.7	*	11.9	3.0	5.0	.2
BREAD-----	3.2	6.4	6.3	1.5	11.2	6.1	9.7	.0	12.7	6.6	7.6	.0
OTHER BAKERY PRODUCTS-----	.6	.8	.7	.4	1.3	.7	.9	.2	1.4	.9	.8	.3
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.6	7.0	3.7	4.3	10.8	3.9	3.2	.9	2.8	2.2	2.1	.3
FLOUR-----	.6	1.4	.5	.7	2.4	1.5	.5	*	.3	.4	.2	.0
CEREAL, PASTES-----	.2	.5	.3	*	1.0	*	.3	*	.4	*	.3	.0
BREAD-----	.3	.4	.4	*	.7	.4	.3	*	.4	.2	.2	.0
OTHER BAKERY PRODUCTS-----	2.5	3.9	1.9	3.0	5.6	1.5	1.7	.4	1.2	1.2	1.0	*
SOUP, MIXTURES-----	1.0	.7	.5	.5	1.0	.4	.4	.4	.4	.3	.4	.2
FATS, OILS-----	3.7	12.1	.3	27.1	.4	.7	.2	13.0	*	.1	*	*
BUTTER-----	1.3	2.2	*	5.0	*	.2	.0	4.6	.0	.0	.0	.0
MARGARINE-----	.9	3.8	*	8.7	*	.3	.0	8.1	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.0	3.1	*	6.9	.3	.1	.2	.3	*	.1	*	*
LARD-----	.2	1.2	*	2.7	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.4	1.7	*	3.9	*	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	6.3	11.0	1.0	1.4	25.0	3.0	3.9	1.0	1.1	1.2	.8	6.7
SUGAR, SIRUP, JELLY, CANDY-----	4.0	9.2	.6	1.3	20.7	2.3	3.6	.2	.8	1.1	.7	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.5	.6	*	*	1.3	.5	.2	.8	.3	*	*	6.0
NO ADDED VITAMIN C-----	1.8	1.2	.3	*	3.0	.2	.2	*	*	*	*	.2
OTHER FOOD-----	5.7	1.4	.4	.3	2.3	3.5	4.3	.1	1.1	2.2	15.2	.0
ALCOHOLIC BEVERAGE-----	1.9	.5	*	.0	.4	.2	*	.0	*	.4	.7	.0
SOME NUTRITIVE VALUE-----	3.0	.8	.3	.3	1.9	3.3	4.3	.1	1.1	1.9	14.5	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

WEST

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,682	119.4	178.8	408.1	1,151	22.4	8,410	1.71	2.62	28.5	109	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	13.6	13.0	19.7	15.4	8.7	62.8	1.5	13.4	10.2	37.3	2.2	5.4
MILK-----	7.2	7.3	12.8	7.7	5.4	44.9	.3	6.6	7.9	28.4	1.6	4.2
CREAM, ICE CREAM-----	3.7	3.5	2.1	4.7	2.9	7.2	.2	4.0	1.4	4.6	.2	.7
CHEESE-----	2.3	1.9	4.5	2.7	.2	10.0	.8	2.4	.5	3.8	.1	.6
SOUP, MIXTURES-----	.4	.3	.2	.3	.3	.7	.1	.5	.5	.5	.3	.5
MEAT, POULTRY, FISH-----	35.9	23.7	44.0	40.1	.2	3.3	33.0	12.5	21.0	22.8	38.7	.5
BEEF-----	21.1	13.4	26.3	22.2	.0	1.6	20.9	.7	4.9	9.7	21.2	.0
BACON, SALT PORK-----	2.1	3.1	1.2	6.7	*	.2	.9	.0	1.6	.7	.9	.0
OTHER PORK-----	4.8	3.1	5.4	5.4	.0	.3	4.3	.0	9.9	2.6	4.4	.0
LIVER-----	.3	.1	.5	.1	*	*	.9	9.5	.2	3.0	1.0	.5
LUNCHMEAT, FRANKFURTERS-----	2.2	1.6	2.4	2.9	.1	.1	2.0	.4	2.6	1.9	2.3	.0
OTHER MEAT-----	1.2	.5	1.3	.8	*	.1	.9	.0	.8	1.2	1.6	.0
POULTRY-----	2.8	1.3	4.9	1.3	*	.3	2.5	1.8	.7	3.3	4.8	.0
FISH, SHELLFISH-----	1.4	.6	2.0	.7	*	.7	.7	.1	.3	.5	2.6	.0
OTHER PROTEIN FOOD-----	4.1	4.6	8.9	6.1	1.9	4.2	8.9	8.0	5.6	6.9	3.8	.3
EGGS-----	2.4	2.4	5.8	3.4	.1	2.5	5.5	7.5	2.9	5.8	.2	.0
DRY LEGUMES-----	.5	.8	1.4	.2	1.2	1.0	2.4	.2	1.4	.4	.6	.2
NUTS, PEANUT BUTTER-----	.8	1.2	1.4	2.2	.3	.5	.8	*	1.1	.5	2.3	*
SOUP, MIXTURES-----	.2	.1	.2	.1	.1	.1	.2	.2	.2	.1	.1	*
ALL VEGETABLES-----	12.5	6.7	6.5	1.9	12.3	6.4	14.2	32.1	15.8	7.9	14.0	46.1
POTATOES-----	2.7	3.3	2.4	1.3	5.7	.9	3.7	*	5.9	1.9	7.2	13.6
DARK GREEN-----	.3	*	.1	*	.1	.3	.5	3.5	.2	.2	.1	2.2
DEEP YELLOW-----	.3	.2	.1	*	.3	.3	.4	12.1	.3	.2	.2	.7
TOMATOES-----	2.2	.7	.7	.1	1.4	.7	2.1	8.0	2.5	1.1	2.2	11.2
OTHER-----	7.0	2.4	3.1	.4	4.7	4.1	7.5	8.2	6.8	4.4	4.4	18.3
SOUP, MIXTURES-----	.1	*	.1	*	*	*	*	.3	*	*	*	.1
ALL FRUIT-----	8.3	4.2	1.4	.4	9.6	3.1	5.8	18.5	6.7	3.3	3.8	38.6
CITRUS-----	1.5	.7	.4	*	1.6	.9	.7	1.2	2.7	.5	.6	22.5
OTHER VITAMIN C-RICH-----	.8	.2	.1	*	.4	.3	.4	6.9	.4	.3	.4	6.5
OTHER-----	5.9	3.3	.9	.3	7.7	2.0	4.8	10.3	3.6	2.6	2.7	9.7
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

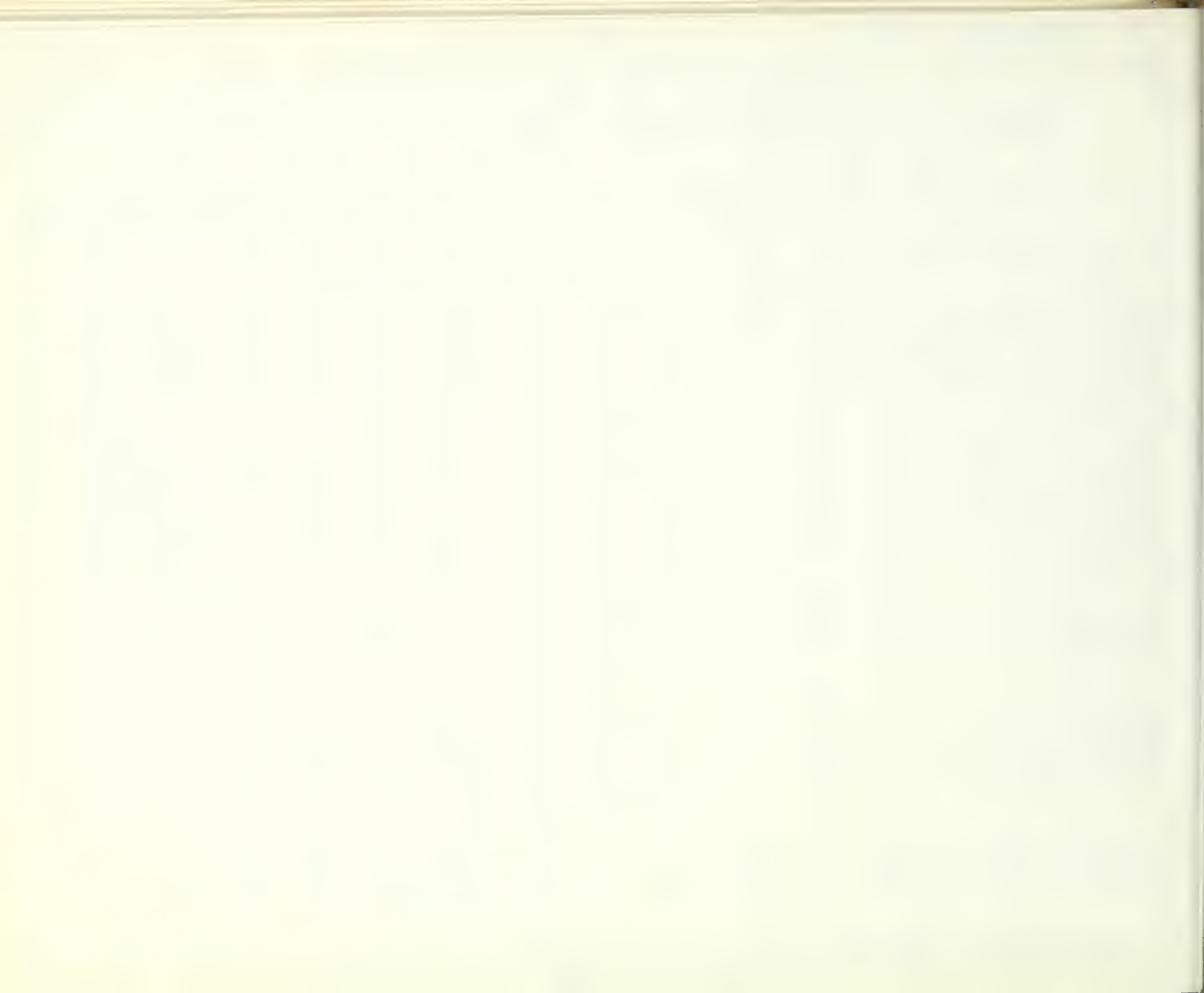


TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

WEST

RURAL FARM

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.4	16.4	15.1	2.9	29.4	11.4	25.6	.1	37.0	16.4	19.6	.2
FLOUR-----	.9	5.4	4.7	.4	10.2	2.3	7.1	*	11.2	5.3	6.0	.0
CEREAL, PASTES-----	2.0	3.6	3.2	.4	6.8	2.0	7.7	.1	11.5	3.6	5.4	.2
BREAD-----	3.0	6.7	6.8	1.6	11.4	6.8	10.1	.0	13.5	7.1	7.9	.0
OTHER BAKERY PRODUCTS-----	.4	.7	.4	.4	1.0	.3	.6	*	.7	.4	.4	*
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	3.4	5.4	3.0	3.4	8.1	2.5	2.6	.5	2.1	1.7	1.5	.1
FLOUR-----	.5	1.0	.3	.5	1.7	.7	.3	*	.2	.3	.1	.0
CEREAL, PASTES-----	.1	.4	.3	.1	.7	*	.3	.0	.5	.1	.2	.0
BREAD-----	.2	.4	.4	*	.7	.2	.2	.0	.3	.1	.2	.0
OTHER BAKERY PRODUCTS-----	2.1	3.3	1.6	2.5	4.6	1.2	1.5	.3	.9	.9	.8	.0
SOUP, MIXTURES-----	.4	.4	.3	.3	.5	.2	.3	.2	.2	.2	.2	.1
FATS, OILS-----	3.6	12.6	.3	28.8	.4	.8	.2	13.9	.1	.2	*	.1
BUTTER-----	1.0	1.8	*	4.3	*	.2	.0	3.7	.0	.0	.0	.0
MARGARINE-----	1.1	4.9	.1	11.3	*	.4	.0	9.8	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.0	3.2	.1	7.0	.3	.2	.2	.4	.1	.2	*	.1
LARD-----	.2	1.2	.0	2.8	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.3	1.5	*	3.5	*	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	6.7	12.0	.7	1.0	27.1	2.5	3.7	.9	.9	1.1	.7	8.6
SUGAR, SIRUP, JELLY, CANDY-----	3.7	9.9	.4	.9	22.0	2.0	3.4	.1	.7	.9	.5	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.7	.9	*	*	2.0	.4	.2	.7	.2	.1	.1	8.1
NO ADDED VITAMIN C-----	2.2	1.3	.2	.1	3.1	.1	.1	*	*	.1	*	.1
OTHER FOOD-----	5.6	1.3	.3	.2	2.3	3.0	4.4	.2	.6	2.5	15.5	.0
ALCOHOLIC BEVERAGE-----	1.8	.4	.1	.0	.3	.1	*	.0	.0	.4	.6	.0
SOME NUTRITIVE VALUE-----	2.9	.9	.3	.2	2.0	2.9	4.4	.2	.6	2.1	14.9	.0
NO NUTRITIVE VALUE-----	.9	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

† SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

WEST

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBU- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----	3,667	126.7	180.8	390.5	1,431	22.2	8,490	1.68	2.90	28.0	91	
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	15.1	15.2	23.9	16.8	10.7	67.0	1.4	14.5	14.0	45.7	3.0	8.3
MILK-----	10.3	11.2	18.7	11.3	8.6	56.4	.4	9.7	12.5	39.8	2.6	7.6
CREAM, ICE CREAM-----	2.2	2.1	1.2	2.9	1.8	3.5	.1	2.5	.8	2.5	.1	.5
CHEESE-----	2.1	1.7	3.8	2.4	.2	6.6	.7	2.1	.5	3.1	.1	.0
SOUP, MIXTURES-----	.4	.2	.2	.2	.2	.5	.2	.2	.3	.4	.2	.2
MEAT, POULTRY, FISH-----	36.9	23.9	41.8	39.7	.2	2.5	31.5	13.2	19.9	19.9	41.0	.6
BEEF-----	21.3	12.7	23.4	20.8	*	1.2	19.7	.6	4.6	8.3	20.2	.0
BACON, SALT PORK-----	1.8	2.5	.9	5.3	*	.1	.7	.0	1.3	.5	.7	.0
OTHER PORK-----	4.4	3.5	4.6	6.4	*	.2	3.9	.0	9.0	2.3	4.1	.0
LIVER-----	.2	.1	.4	.1	*	*	.8	10.1	.2	2.6	1.0	.6
LUNCHMEAT, FRANKFURTERS-----	1.9	1.4	1.9	2.4	.1	.1	1.6	.2	1.8	1.3	1.8	.0
OTHER MEAT-----	1.7	.8	1.7	1.1	*	.1	.9	.0	1.0	1.5	2.0	.0
POULTRY-----	3.7	2.1	6.4	2.6	.0	.4	3.1	2.0	1.6	2.9	7.8	.0
FISH, SHELLFISH-----	1.9	.8	2.5	.9	*	.4	.7	.3	.5	.6	3.4	*
OTHER PROTEIN FOOD-----	5.1	4.8	9.1	6.4	1.9	3.4	9.4	8.4	5.9	6.7	4.6	.4
EGGS-----	3.1	2.5	5.8	3.6	.1	2.2	6.0	8.0	3.1	5.6	.2	.0
DRY LEGUMES-----	.4	.7	1.2	.1	1.1	.6	2.1	.1	1.2	.4	.5	.1
NUTS, PEANUT BUTTER-----	.8	1.3	1.4	2.3	.4	.4	.8	*	1.2	.4	3.2	*
SOUP, MIXTURES-----	.3	.2	.3	.1	.1	.1	.2	.3	.1	.1	.2	.1
ALL VEGETABLES-----	10.9	5.9	5.5	1.3	11.7	5.0	13.2	45.3	14.3	6.4	12.9	55.2
POTATOES-----	1.7	3.1	2.2	.8	5.9	.7	3.6	*	6.0	1.7	7.2	16.9
DARK GREEN-----	.2	*	.1	*	*	.2	.3	2.1	.1	.1	.1	1.8
DEEP YELLOW-----	1.1	.5	.3	*	1.1	.7	1.1	30.1	.9	.7	.6	2.9
TOMATOES-----	1.8	.6	.6	.1	1.3	.5	2.0	7.1	2.2	.9	2.0	11.5
OTHER-----	6.0	1.7	2.2	.3	3.4	2.9	6.1	5.8	5.0	2.9	3.0	22.1
SOUP, MIXTURES-----	.1	*	.1	*	*	*	*	.4	*	*	*	.1
ALL FRUIT-----	7.5	4.0	.9	.4	9.5	1.9	4.3	5.9	5.4	2.2	2.2	31.5
CITRUS-----	1.5	.6	.3	*	1.4	.6	.7	1.0	2.0	.4	.5	21.2
OTHER VITAMIN C-RICH-----	.4	.1	.1	*	.2	.1	.2	1.3	.1	.1	.1	2.7
OTHER-----	5.6	3.3	.6	.3	7.8	1.1	3.4	3.6	3.2	1.7	1.6	7.6
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

WEST

RURAL FARM

FOOD GROUP #	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	6.7	16.0	14.0	3.0	29.5	11.2	28.3	.1	36.1	14.0	18.6	.3
FLOUR-----	.9	4.6	3.6	.4	8.9	3.3	6.1	*	9.6	4.1	5.0	.0
CEREAL, PASTES-----	2.0	3.5	3.1	.5	6.8	2.0	10.7	.1	10.9	2.6	4.5	.2
BREAD-----	3.5	7.2	6.9	1.7	12.7	5.7	10.9	.0	14.8	6.9	8.6	.0
OTHER BAKERY PRODUCTS-----	.4	.6	.4	.3	1.0	.3	.6	*	.8	.4	.4	.1
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.2	6.5	3.3	3.8	10.5	3.4	3.1	.8	2.6	1.9	1.7	.2
FLOUR-----	.6	1.4	.5	.7	2.6	1.6	.5	*	.3	.3	.2	.0
CEREAL, PASTES-----	.3	.7	.6	.1	1.4	.1	.5	*	1.0	.2	.4	.0
BREAD-----	.2	.2	.2	*	.5	.2	.3	.0	.3	.1	.1	.0
OTHER BAKERY PRODUCTS-----	2.6	3.6	1.7	2.5	5.4	1.3	1.6	.5	.8	1.1	.7	*
SOUP, MIXTURES-----	.5	.5	.3	.4	.6	.2	.2	.2	.2	.2	.2	.2
FATS, OILS-----	3.4	11.8	.2	26.8	.3	.5	.1	11.1	.1	.1	*	*
BUTTER-----	.8	1.4	*	3.2	*	.1	.0	2.8	.0	.0	.0	.0
MARGARINE-----	1.0	4.1	.1	9.4	*	.3	.0	8.2	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.0	3.5	.1	7.7	.2	.1	.1	.2	.1	.1	*	*
LARD-----	.2	1.2	.0	2.7	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.3	1.7	*	3.8	*	.0	.0	*	.0	.0	.0	.0
SUGAR, SWEETS-----	5.2	10.6	1.0	1.8	23.5	2.8	4.5	.6	1.3	1.4	.3	3.5
SUGAR, SIRUP, JELLY, CANDY-----	4.0	9.5	.8	1.8	21.0	2.6	4.3	.2	1.2	1.3	.8	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.3	.2	*	*	.5	.1	.1	.4	.1	*	*	3.0
NO ADDED VITAMIN C-----	1.0	.9	.2	*	2.0	.1	.1	*	*	*	*	.1
OTHER FOOD-----	5.1	1.3	.3	.1	2.3	2.3	4.1	*	.5	1.9	15.3	.0
ALCOHOLIC BEVERAGE-----	1.7	.5	.1	.0	.3	.1	.1	.0	*	.2	.4	.0
SOME NUTRITIVE VALUE-----	2.7	.8	.2	.1	2.0	2.3	4.1	*	.4	1.7	14.8	.0
NO NUTRITIVE VALUE-----	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.

* SEE NOTES FOLLOWING WEST, TABLE 18.

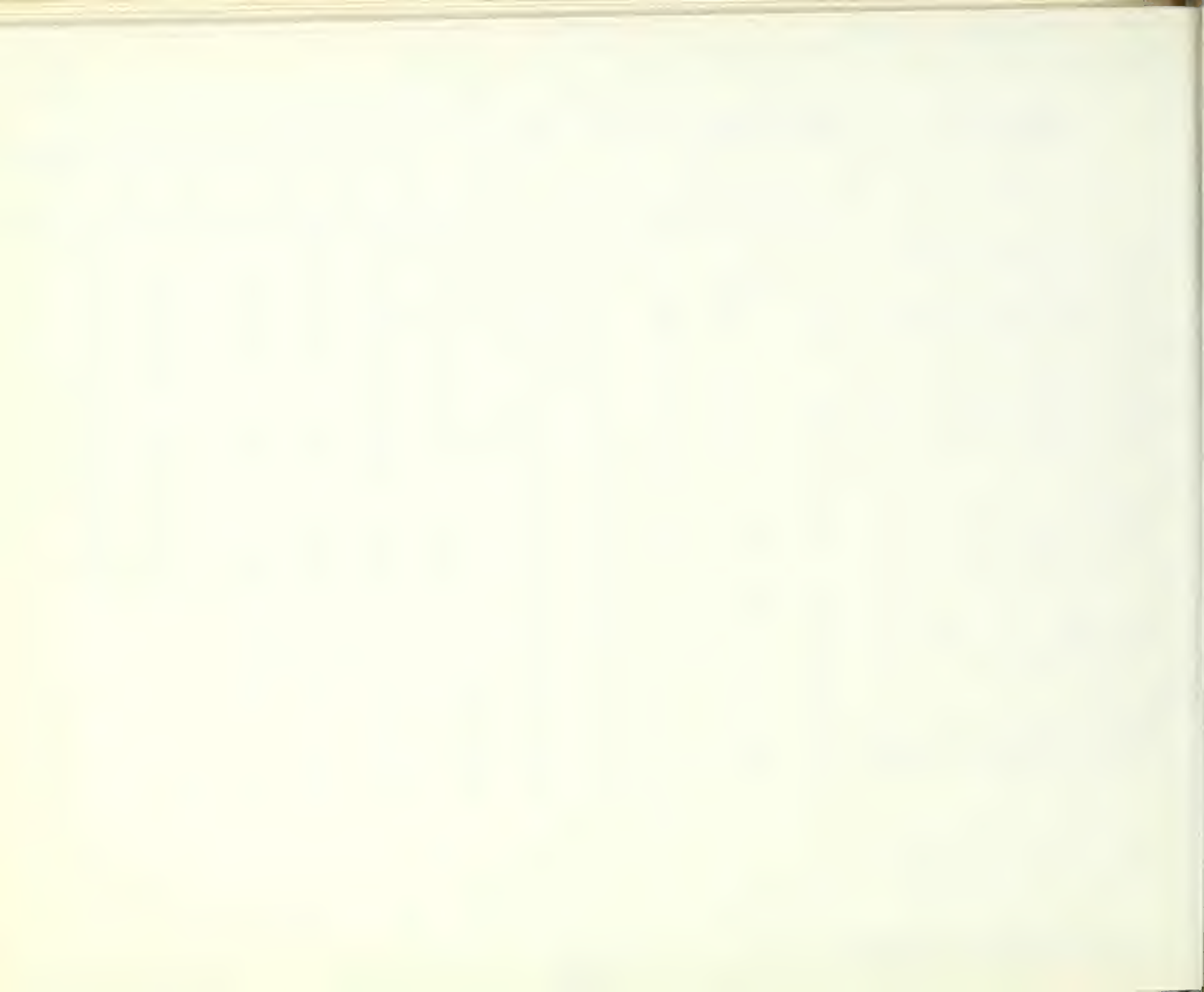


TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

WEST

RURAL FARM

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		3,286	112.5	163.3	348.7	1,231	19.9	7,490	1.52	2.54	26.0	112
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	14.6	15.3	23.9	17.4	10.2	65.9	1.8	15.1	13.0	44.2	2.9	5.5
MILK-----	8.9	10.0	16.6	10.3	7.6	51.3	.3	9.0	10.8	35.8	2.2	4.9
CREAM, ICE CREAM-----	2.5	2.7	1.6	3.7	2.0	4.8	.1	3.1	1.1	3.4	.2	.5
CHEESE-----	2.7	2.3	5.4	3.1	.3	9.2	.9	2.8	.7	4.5	.2	.0
SOUP, MIXTURES-----	.5	.3	.3	.3	.3	.6	.4	.3	.3	.5	.3	.1
MEAT, POULTRY, FISH-----	33.6	23.1	40.5	38.2	.2	2.7	31.6	9.9	18.4	19.8	36.8	.4
BEEF-----	18.8	12.7	24.1	20.4	*	1.3	20.2	.6	4.6	8.6	20.0	.0
BACON, SALT PORK-----	2.5	3.4	1.3	7.2	*	.2	1.0	.0	1.8	.7	1.0	.0
OTHER PORK-----	4.1	2.9	3.9	5.3	.0	.2	3.3	.0	7.8	2.0	3.4	.0
LIVER-----	.2	.1	.4	.1	*	*	1.4	5.9	.2	2.5	1.0	.4
LUNCHMEAT, FRANKFURTERS-----	1.6	1.3	1.8	2.2	.1	.1	1.6	.7	1.8	1.6	1.7	.0
OTHER MEAT-----	1.0	.3	.9	.4	*	*	.4	.0	.4	.7	1.0	.0
POULTRY-----	3.3	1.6	5.5	1.7	.0	.3	2.9	2.0	1.1	3.1	5.9	.0
FISH, SHELLFISH-----	2.1	.8	2.5	.9	*	.5	.8	.7	.6	.6	2.7	*
OTHER PROTEIN FOOD-----	5.6	5.8	10.7	7.9	2.0	4.1	10.8	10.3	7.8	8.1	5.9	.2
EGGS-----	3.7	3.1	7.1	4.4	.2	2.7	7.2	9.8	3.7	7.0	.2	.0
DRY LEGUMES-----	.4	.7	1.2	.2	1.1	.7	2.1	.1	1.3	.4	.5	.1
NUTS, PEANUT BUTTER-----	1.2	1.8	2.0	3.2	.5	.6	1.1	*	2.5	.5	4.9	*
SOUP, MIXTURES-----	.3	.2	.3	.2	.2	.1	.3	.4	.3	.2	.3	.1
ALL VEGETABLES-----	11.0	5.6	5.4	1.2	11.1	5.5	13.7	43.9	13.2	6.3	11.6	36.4
POTATOES-----	1.5	2.7	1.9	.6	5.1	.6	3.3	*	5.1	1.5	5.9	10.4
DARK GREEN-----	.5	.1	.2	*	.1	.7	.9	6.2	.3	.4	.2	2.6
DEEP YELLOW-----	.7	.4	.2	*	.9	.6	.7	23.0	.7	.5	.4	1.7
TOMATOES-----	1.6	.6	.6	.1	1.3	.5	2.2	7.3	2.2	.9	2.0	8.4
OTHER-----	6.4	1.7	2.2	.3	3.5	3.1	6.3	5.5	4.8	3.0	2.8	13.0
SOUP, MIXTURES-----	.3	.2	.2	.1	.2	.1	.2	2.0	.2	.1	.2	.3
ALL FRUIT-----	10.0	5.6	1.6	.7	13.1	3.7	6.1	6.7	9.2	3.5	3.6	51.7
CITRUS-----	3.6	1.6	.8	.1	3.8	2.1	2.0	2.4	5.6	1.2	1.4	44.9
OTHER VITAMIN C-RICH-----	*	*	*	*	*	*	*	*	*	*	*	.2
OTHER-----	6.4	4.0	.8	.6	9.2	1.6	4.1	4.4	3.6	2.3	2.2	6.6
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

WEST

RURAL FARM

FOOD GROUP †	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	5.6	14.5	12.8	2.5	27.2	8.4	23.1	.3	33.5	12.7	16.9	.6
FLOUR-----	.7	4.8	4.0	.3	9.5	2.0	6.4	.0	10.1	4.3	5.2	.0
CEREAL, PASTES-----	2.1	4.0	3.4	.6	7.9	1.7	8.3	*	12.0	2.8	5.2	.2
BREAD-----	2.3	4.9	4.8	1.2	8.7	4.2	7.4	.0	10.0	4.7	5.7	.0
OTHER BAKERY PRODUCTS-----	.4	.7	.6	.4	1.1	.6	.9	.2	1.4	.9	.7	.4
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	4.3	6.4	3.7	3.6	10.4	3.3	3.5	.7	3.1	2.0	2.2	.1
FLOUR-----	.6	1.4	.6	.6	2.6	1.4	.5	*	.4	.4	.2	.0
CEREAL, PASTES-----	.1	.4	.4	.1	.8	*	.4	*	.7	.1	.3	.0
BREAD-----	.5	.7	.7	.2	1.3	.6	.6	*	.7	.3	.4	.0
OTHER BAKERY PRODUCTS-----	2.3	3.3	1.6	2.3	4.9	1.2	1.6	.3	.9	.9	.8	.0
SOUP, MIXTURES-----	.8	.6	.5	.4	.7	.2	.4	.3	.3	.3	.5	.1
FATS, OILS-----	3.5	12.3	.3	27.3	.5	.6	.2	11.8	.1	.2	*	*
BUTTER-----	.9	1.7	*	3.9	*	.1	.0	3.5	.0	.0	.0	.0
MARGARINE-----	.9	3.9	.1	8.8	*	.3	.0	7.8	.0	.0	.0	.0
OIL, SALAD DRESSING-----	1.2	3.7	.1	8.1	.4	.2	.2	.4	.1	.2	*	*
LARD-----	.1	1.0	*	2.3	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.4	1.9	*	4.2	.1	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	5.2	9.9	.8	1.1	22.7	2.5	4.0	1.3	1.4	1.1	.9	5.0
SUGAR, SIRUP, JELLY, CANDY-----	3.5	8.4	.6	1.1	19.2	1.9	3.8	.1	1.3	1.0	.7	.4
OTHER SWEETS--												
ADDED VITAMIN C-----	.3	.3	*	*	.7	.4	.1	1.2	.1	*	*	4.6
NO ADDED VITAMIN C-----	1.5	1.2	.3	*	2.9	.2	.1	*	*	.1	*	*
OTHER FOOD-----	6.5	1.5	.3	.2	2.6	3.2	5.1	*	.3	2.0	19.5	.0
ALCOHOLIC BEVERAGE-----	2.4	.6	.1	.0	.3	.1	*	.0	*	.3	.5	.0
SOME NUTRITIVE VALUE-----	3.2	.9	.2	.2	2.3	3.1	5.1	*	.3	1.8	19.0	.0
NO NUTRITIVE VALUE-----	.9	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

† SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

WEST

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		709	36.8	47.0	34.8	297	5.1	2,040	.28	.75	6.4	18
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	4.0	4.1	6.2	5.0	2.6	19.5	.1	4.4	3.8	13.0	.8	2.2
MILK-----	3.4	3.6	5.8	4.0	2.5	18.7	*	3.5	3.7	12.5	.8	2.1
CREAM, ICE CREAM-----	.4	.4	.1	.9	*	.3	.0	.8	.1	.2	*	.1
CHEESE-----	.2	.1	.3	.1	*	.5	.1	.1	*	.2	*	.0
SUUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
MEAT, POULTRY, FISH-----	17.8	11.0	20.5	18.0	*	1.3	16.3	7.1	7.3	10.2	18.3	.3
BEEF-----	13.6	8.3	15.5	13.7	.0	.9	12.7	.4	2.9	5.6	12.9	.0
BACON, SALT PORK-----	.4	.6	.2	1.2	*	*	.2	.0	.3	.1	.2	.0
OTHER PORK-----	1.4	1.0	1.5	1.7	*	.1	1.2	.0	2.9	.7	1.3	.0
LIVER-----	.2	.1	.3	*	*	*	.7	6.0	.2	1.8	.7	.3
LUNCHMEAT, FRANKFURTERS-----	.1	*	.1	.1	*	*	.1	*	.1	*	.1	.0
OTHER MEAT-----	.9	.4	1.0	.5	*	*	.5	.0	.5	.9	1.1	.0
POULTRY-----	.9	.5	1.5	.7	*	.1	.7	.6	.2	.9	1.7	.0
FISH, SHELLFISH-----	.4	.1	.4	.1	*	.1	.1	.1	.1	.2	.4	.0
OTHER PROTEIN FOOD-----	1.0	1.0	2.2	1.4	.1	.9	2.2	2.8	1.2	2.1	.1	*
EGGS-----	.9	.9	2.1	1.3	*	.8	2.1	2.8	1.1	2.1	.1	.0
DRY LEGUMES-----	*	*	*	*	*	*	.1	*	*	*	*	.0
NUTS, PEANUT BUTTER-----	*	*	*	.1	*	*	*	*	.1	*	*	*
SUUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	.0
ALL VEGETABLES-----	3.2	1.4	1.4	.1	2.9	1.3	3.4	8.2	3.5	1.7	3.1	10.9
POTATOES-----	.4	.6	.5	*	1.3	.2	.8	*	1.4	.4	1.6	3.4
DARK GREEN-----	.1	*	*	*	*	*	.1	.4	*	*	*	.6
DEEP YELLOW-----	.2	.1	.1	*	.1	.1	.2	4.4	.1	.1	.1	.3
TOMATOES-----	.5	.1	.1	*	.2	.1	.3	1.4	.4	.2	.3	2.5
OTHER-----	2.1	.6	.7	.1	1.2	.9	2.0	1.9	1.6	1.0	1.1	4.1
SUUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*
ALL FRUIT-----	1.8	.8	.2	.1	1.8	.6	.9	2.0	.6	.6	.5	3.4
CITRUS-----	*	*	*	*	*	*	*	*	*	*	*	.2
OTHER VITAMIN C-RICH-----	.2	*	*	*	.1	*	.1	.2	*	*	*	1.0
OTHER-----	1.6	.7	.2	.1	1.7	.5	.8	1.8	.6	.5	.5	2.1
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR 1965-1966 BY FOOD GROUP



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

WEST

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	*	*	*	*	*	*	*	.0	*	*	*	.0
FLOUR-----	*	*	*	*	*	*	*	.0	*	*	*	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FATS, OILS-----	.2	.8	*	1.9	*	*	*	.6	.0	.0	.0	.0
BUTTER-----	.2	.3	*	.6	*	*	.0	.6	.0	.0	.0	.0
MARGARINE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OIL, SALID DRESSING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
LARD-----	.1	.6	*	1.3	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	.7	.7	*	*	1.6	.1	.5	*	.1	.1	.1	.3
SUGAR, SIRUP, JELLY, CANDY-----	.7	.7	*	*	1.6	.1	.5	*	.1	.1	.1	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER FOOD-----	.1	*	*	.0	*	*	*	.0	*	*	*	.0
ALCOHOLIC BEVERAGE-----	.1	*	*	.0	*	*	*	.0	*	*	*	.0
SOME NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

WEST

RURAL FARM

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		691	37.6	46.8	29.6	288	5.1	1,910	.27	.75	6.0	14
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	3.9	3.8	5.8	4.4	2.4	19.1	*	4.1	3.6	12.4	.8	2.1
MILK-----	3.4	3.3	5.5	3.5	2.4	18.6	*	3.2	3.5	12.0	.8	2.0
CREAM, ICE CREAM-----	.5	.4	.1	.9	*	.4	.0	.9	*	.3	*	*
CHEESE-----	.1	*	.3	*	*	.2	*	*	*	.2	*	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
MEAT, POULTRY, FISH-----	16.5	10.5	20.3	16.9	*	1.3	15.9	6.8	8.1	10.2	18.3	.3
BEEF-----	12.4	7.7	14.8	12.4	.0	.9	12.0	.4	2.7	5.4	12.4	.0
BACON, SALT PORK-----	.2	.4	.2	.9	*	*	.1	.0	.2	*	.1	.0
OTHER PORK-----	1.7	1.4	2.2	2.5	*	.1	1.8	.0	4.3	1.1	2.0	.0
LIVER-----	.1	*	.2	*	*	*	.6	5.4	.1	1.6	.6	.3
LUNCHMEAT, FRANKFURTERS-----	*	*	*	*	*	*	*	*	*	*	*	.0
OTHER MEAT-----	.6	.2	.7	.2	*	*	.3	.0	.3	.6	.8	.0
POULTRY-----	1.0	.6	1.8	.8	*	.1	.9	.8	.3	1.1	2.1	.0
FISH, SHELLFISH-----	.4	.1	.4	.1	.0	*	.1	*	*	.1	.3	.0
OTHER PROTEIN FOOD-----	1.7	1.6	3.6	2.2	.2	1.6	3.6	4.9	1.9	3.6	.2	*
EGGS-----	1.6	1.5	3.5	2.1	*	1.5	3.4	4.9	1.8	3.5	.1	.0
DRY LEGUMES-----	*	*	*	*	*	*	.2	*	*	*	*	.0
NUTS, PEANUT BUTTER-----	*	*	*	*	*	*	*	*	*	*	*	*
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	.0
ALL VEGETABLES-----	2.5	.9	.9	*	1.8	1.1	2.3	5.5	2.0	1.1	2.0	6.4
POTATOES-----	.4	.4	.4	*	.9	.1	.6	*	.9	.3	1.1	2.4
DARK GREEN-----	*	*	*	*	*	.2	.2	1.5	*	*	*	.6
DEEP YELLOW-----	*	*	*	*	*	*	*	1.8	*	*	*	*
TOMATOES-----	.1	*	*	*	*	*	.1	.4	.1	*	*	.6
OTHER-----	1.8	.4	.4	*	.8	.7	1.4	1.6	.9	.7	.7	2.8
SOUP, MIXTURES-----	*	*	*	*	*	*	*	*	*	*	*	*
ALL FRUIT-----	1.7	.7	.2	*	1.6	.7	1.0	1.7	.5	.6	.5	5.0
CITRUS-----	*	*	*	*	*	*	*	*	*	*	*	.9
OTHER VITAMIN C-RICH-----	.3	*	*	*	.1	*	.2	*	*	*	*	2.1
OTHER-----	1.3	.6	.1	*	1.4	.6	.8	1.6	.4	.5	.4	1.9
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

WEST

RURAL FARM

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	*	*	*	*	*	*	*	.0	*	*	*	.0
FLOUR-----	*	*	*	*	*	*	*	.0	*	*	*	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
GRAIN, NOT ENRICHED OR WHOLE GRAIN-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FATS, OILS-----	.3	.8	*	1.9	*	*	*	.9	.0	.0	.0	.0
BUTTER-----	.2	.4	*	.9	*	*	.0	.9	.0	.0	.0	.0
MARGARINE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
LARD-----	*	.4	*	1.0	*	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	.7	.6	*	*	1.5	.1	.5	*	*	*	*	.2
SUGAR, SIRUP, JELLY, CANDY-----	.7	.6	*	*	1.5	.1	.5	*	*	*	*	.2
OTHER SWEETS--												
ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER FOOD-----	*	*	*	.0	*	*	.0	.0	*	*	*	.0
ALCOHOLIC BEVERAGE-----	*	*	*	.0	*	*	.0	.0	*	*	*	.0
SOME NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

WEST

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		628	32.7	40.9	33.2	234	5.0	2,060	.25	.63	6.1	22
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	2.9	3.0	4.7	3.9	1.7	15.7	.1	3.4	2.5	9.4	.5	1.4
MILK-----	2.2	2.4	4.0	2.8	1.6	13.8	*	2.4	2.4	8.8	.5	1.4
CREAM, ICE CREAM-----	.3	.3	.1	.7	*	.2	.0	.6	*	.1	*	*
CHEESE-----	.3	.3	.6	.5	*	1.7	.1	.4	.1	.5	*	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
MEAT, POULTRY, FISH-----	16.4	10.1	19.1	17.0	*	1.2	14.9	8.0	5.4	9.8	16.3	.3
BEEF-----	13.5	8.4	15.6	14.2	.0	.9	12.4	.4	2.9	5.7	12.6	.0
BACON, SALT PORK-----	.2	.4	.1	.8	*	*	.1	.0	.2	.1	.1	.0
OTHER PORK-----	.6	.4	.7	.7	.0	*	.6	.0	1.4	.4	.6	.0
LIVER-----	.2	.1	.3	*	*	*	.5	7.2	.2	2.1	.7	.3
LUNCHMEAT, FRANKFURTERS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER MEAT-----	.8	.4	.8	.5	*	*	.5	.0	.5	.8	.9	.0
POULTRY-----	.8	.5	1.2	.7	.0	.1	.6	.4	.2	.7	1.2	.0
FISH, SHELLFISH-----	.3	*	.2	*	*	.1	.2	*	.1	.1	.1	.0
OTHER PROTEIN FOOD-----	.5	.6	1.4	.8	*	.6	1.3	1.8	.7	1.4	*	.0
EGGS-----	.5	.6	1.4	.8	*	.6	1.3	1.6	.7	1.4	*	.0
DRY LEGUMES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NUTS, PEANUT BUTTER-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALL VEGETABLES-----	4.5	1.7	2.1	.2	3.5	2.1	4.5	8.4	5.1	2.8	4.1	15.7
POTATOES-----	.5	.6	.5	*	1.2	.2	.8	.0	1.3	.4	1.5	3.2
DARK GREEN-----	.1	*	*	*	*	*	*	.1	*	*	*	.7
DEEP YELLOW-----	.1	*	*	*	.1	.1	.1	2.8	.1	.1	.1	.1
TOMATOES-----	.8	.1	.2	*	.2	.2	.5	2.2	.7	.3	.5	4.1
OTHER-----	3.0	1.0	1.3	.2	2.0	1.6	3.1	3.3	3.0	2.0	1.9	7.5
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALL FRUIT-----	1.3	.5	.2	*	1.2	.6	.8	2.6	.6	.5	.5	2.7
CITRUS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER VITAMIN C-RICH-----	.1	*	*	*	*	*	*	.6	*	*	*	.5
OTHER-----	1.2	.5	.1	*	1.1	.6	.8	2.0	.5	.5	.5	2.2
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

WEST

RURAL FARM

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FATS, OILS-----	.1	.4	*	.9	*	*	.0	.3	.0	.0	.0	.0
BUTTER-----	.1	.1	*	.3	*	*	.0	.3	.0	.0	.0	.0
MARGARINE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
LARD-----	*	.3	.0	.6	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	.7	.7	*	*	1.7	.2	.5	*	.1	.1	.1	.3
SUGAR, SIRUP, JELLY, CANDY-----	.7	.7	*	*	1.7	.2	.5	*	.1	.1	.1	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.7
NO ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER FOOD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALCOHOLIC BEVERAGE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOME NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

WEST

RURAL FARM

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		824	42.6	55.1	39.5	378	5.4	2,500	.32	.89	7.2	19
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	5.3	5.3	7.8	6.4	3.5	22.8	*	5.5	5.1	16.3	1.1	3.4
MILK-----	4.8	4.9	7.6	5.6	3.4	22.5	*	4.8	5.1	16.1	1.1	3.3
CREAM, ICE CREAM-----	.4	.3	.1	.7	*	.2	.0	.6	.1	.2	*	*
CHEESE-----	.1	*	.1	*	*	.1	*	*	*	.1	*	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
MEAT, POULTRY, FISH-----	21.1	12.2	22.1	20.1	*	1.3	17.6	7.0	8.2	10.4	20.6	.3
BEEF-----	16.0	9.2	16.4	15.2	.0	.9	13.9	.5	3.3	5.7	14.2	.0
BACON, SALT PORK-----	.4	.7	.2	1.4	*	*	.2	.0	.3	.1	.2	.0
OTHER PORK-----	1.7	1.0	1.7	1.8	*	.1	1.4	.0	3.2	.8	1.5	.0
LIVER-----	.1	.1	.2	*	*	*	.4	5.8	.1	1.5	.6	.3
LUNCHMEAT, FRANKFURTERS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER MEAT-----	1.3	.6	1.4	.8	*	.1	.8	.0	.8	1.3	1.5	.0
POULTRY-----	.9	.6	1.5	.7	.0	.1	.8	.7	.2	.8	1.8	.0
FISH, SHELLFISH-----	.6	.2	.6	.2	.0	.2	.2	.1	.2	.2	.7	.0
OTHER PROTEIN FOOD-----	1.1	.9	2.1	1.4	.1	.8	2.2	2.8	1.2	2.0	.1	.0
EGGS-----	1.0	.9	2.1	1.3	*	.8	2.1	2.8	1.1	2.0	.1	.0
DRY LEGUMES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NUTS, PEANUT BUTTER-----	*	*	*	.1	*	*	*	.0	*	*	*	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALL VEGETABLES-----	3.2	1.5	1.4	.1	3.2	1.0	3.4	12.1	3.6	1.5	3.5	13.5
POTATOES-----	.4	.8	.6	*	1.6	.2	1.0	.0	1.7	.5	2.0	4.9
DARK GREEN-----	.1	*	*	*	*	*	*	.1	*	*	*	.9
DEEP YELLOW-----	.3	.1	.1	*	.3	.2	.4	9.0	.2	.2	.2	.8
TOMATOES-----	.8	.1	.2	*	.2	.1	.5	2.0	.6	.2	.5	4.1
OTHER-----	1.5	.5	.5	.1	1.1	.5	1.5	1.0	1.1	.6	.3	2.3
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALL FRUIT-----	2.1	.9	.2	.1	2.0	.4	.8	1.6	.8	.5	.4	3.5
CITRUS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER VITAMIN C-RICH-----	.2	*	*	*	.1	.1	.1	*	.1	*	*	1.3
OTHER-----	1.9	.8	.2	.1	1.9	.3	.7	1.5	.7	.4	.4	2.2
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

WEST

RURAL FARM

FOOD GROUP ‡	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FATS, OILS-----	.3	1.1	*	2.4	*	*	.0	.4	.0	.0	.0	.0
BUTTER-----	.1	.2	*	.5	*	*	.0	.4	.0	.0	.0	.0
MARGARINE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
LARD-----	.1	.8	.0	1.9	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	.6	.5	*	*	1.3	.1	.5	*	*	.1	.1	.3
SUGAR, SIRUP, JELLY, CANDY-----	.6	.5	*	*	1.3	.1	.5	*	*	.1	.1	.3
OTHER SWEETS--												
ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER FOOD-----	.3	.1	*	.0	*	*	*	.0	.0	*	*	.0
ALCOHOLIC BEVERAGE-----	.3	.1	*	.0	*	*	*	.0	.0	*	*	.0
SOME NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

WEST

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
		CAL	G	G	G	MG	MG	IU	MG	MG	MG	MG
ALL FOOD GROUPS, AVERAGE AMOUNT-----		703	34.2	46.0	38.4	298	4.7	1,590	.26	.72	6.0	13
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
MILK, CREAM, CHEESE-----	4.3	4.6	6.8	5.4	3.0	20.5	*	4.8	4.5	14.5	.9	2.1
MILK-----	3.6	3.9	6.5	4.2	2.9	19.8	.0	3.7	4.3	14.0	.9	2.0
CREAM, ICE CREAM-----	.7	.6	.2	1.2	.1	.6	.0	1.1	.1	.4	*	.1
CHEESE-----	.1	*	.1	*	*	.1	*	*	*	.1	*	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
MEAT, POULTRY, FISH-----	17.4	11.3	20.8	18.4	*	1.3	17.2	6.1	8.0	10.6	18.5	.3
BEEF-----	12.1	8.0	15.3	12.9	.0	.8	12.7	.4	2.9	5.4	12.7	.0
BACON, SALT PORK-----	.8	1.1	.4	2.2	*	.1	.3	.0	.6	.2	.3	.0
OTHER PORK-----	1.6	1.0	1.5	1.8	.0	.1	1.3	.0	3.1	.7	1.3	.0
LIVER-----	.2	.1	.4	.1	*	*	1.4	4.8	.2	2.2	.9	.3
LUNCHMEAT, FRANKFURTERS-----	.3	.2	.3	.3	*	*	.3	.0	.4	.2	.3	.0
OTHER MEAT-----	1.0	.3	.9	.4	*	*	.4	.0	.4	.7	1.0	.0
POULTRY-----	.8	.4	1.4	.5	.0	.1	.8	.7	.3	.9	1.0	.0
FISH, SHELLFISH-----	.6	.2	.6	.2	.0	.2	.1	.2	.2	.2	.6	.0
OTHER PROTEIN FOOD-----	.7	.7	1.3	1.0	.1	.5	1.4	1.6	.9	1.2	.1	*
EGGS-----	.5	.5	1.2	.7	*	.4	1.2	1.6	.6	1.1	*	.0
DRY LEGUMES-----	*	*	*	*	*	*	.1	.0	.1	*	*	.0
NUTS, PEANUT BUTTER-----	.1	.1	.1	.3	*	.1	.1	*	.3	*	.1	*
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALL VEGETABLES-----	2.4	1.3	1.3	.1	2.8	1.0	3.1	5.9	2.9	1.3	2.9	7.0
POTATOES-----	.4	.8	.6	*	1.6	.2	1.0	.0	1.7	.5	1.9	3.5
DARK GREEN-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
DEEP YELLOW-----	.2	.1	.1	*	.2	.1	.2	4.2	.1	.2	.1	.4
TOMATOES-----	.2	*	.1	*	.1	*	.2	.7	.2	.1	.2	.9
OTHER-----	1.7	.4	.5	.1	.9	.7	1.7	1.0	.9	.5	.0	2.1
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
ALL FRUIT-----	2.5	1.3	.3	.3	2.8	.7	1.1	2.0	.9	.8	.7	2.2
CITRUS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER VITAMIN C-RICH-----	*	*	*	*	*	*	*	*	*	*	*	.2
OTHER-----	2.5	1.3	.3	.3	2.8	.7	1.1	2.0	.9	.8	.7	1.9
MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

HOME-PRODUCED--CONTINUED

WEST

RURAL FARM

FOOD GROUP *	MONEY VALUE	FOOD ENERGY	PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	NIACIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME												
GRAIN, ENRICHED OR WHOLE GRAIN-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
GRAIN, NOT ENRICHED OR WHOLE GRAIN--	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FLOUR-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
CEREAL, PASTES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
BREAD-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER BAKERY PRODUCTS-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SOUP, MIXTURES-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FATS, OILS-----	.3	1.3	*	3.0	*	*	.0	.8	.0	.0	.0	.0
BUTTER-----	.2	.4	*	.8	*	*	.0	.8	.0	.0	.0	.0
MARGARINE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OIL, SALAD DRESSING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
LARD-----	.1	.9	*	2.1	.0	.0	.0	.0	.0	.0	.0	.0
VEGETABLE SHORTENING-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
SUGAR, SWEETS-----	.9	.9	*	*	2.2	.2	.7	*	.1	.1	.1	.3
SUGAR, SIRUP, JELLY, CANDY-----	.9	.9	*	*	2.2	.2	.7	*	.1	.1	.1	.3
OTHER SWEETS-----												
ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO ADDED VITAMIN C-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
OTHER FOOD-----	.1	*	*	.0	*	*	.0	.0	*	*	*	.0
ALCOHOLIC BEVERAGE-----	.1	*	*	.0	*	*	.0	.0	*	*	*	.0
SOME NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
NO NUTRITIVE VALUE-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	FOOD ENERGY, IN CALORIES							PROTEIN, IN GRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 1,933 (3)	1,933- 2,899 (4)	2,900- 3,899 (5)	3,900- 4,899 (6)	4,900- 5,899 (7)	5,900 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 46.7 (10)	46.7- 69.9 (11)	70.0- 99.9 (12)	100.0- 119.9 (13)	120.0- 149.9 (14)	150.0 AND OVER (15)
ALL URBANIZATIONS														
ALL HOUSEHOLDS, YEAR-----	100.0	.7	10.8	31.6	28.6	15.0	13.2	100.0	.6	4.0	20.7	23.0	27.3	24.3
SPRING-----	100.0	1.5	11.6	27.6	28.6	18.0	12.7	100.0	1.1	4.2	17.8	21.2	27.7	27.8
SUMMER-----	100.0	.8	13.5	29.2	26.1	14.7	15.7	100.0	.0	3.4	23.4	22.9	26.6	23.5
FALL-----	100.0	.3	7.2	29.7	30.2	16.0	16.4	100.0	.6	1.3	18.9	22.1	30.2	26.8
WINTER-----	100.0	.3	10.7	39.7	29.7	11.7	8.0	100.0	.3	7.1	22.7	25.7	24.8	19.4
UNDER 1,000-----	100.0	3.7	15.0	20.4	22.4	12.8	25.7	100.0	4.6	12.9	15.9	5.5	38.4	22.6
1,000-1,999-----	100.0	2.1	13.4	24.0	27.0	14.8	18.7	100.0	2.2	15.0	22.7	22.4	16.4	21.3
2,000-2,999-----	100.0	2.1	14.0	23.2	26.6	12.5	21.6	100.0	.5	7.6	24.1	18.6	18.9	30.2
3,000-3,999-----	100.0	.0	12.3	34.8	22.9	13.9	16.2	100.0	.3	2.7	29.4	24.1	22.1	21.3
4,000-4,999-----	100.0	.8	11.1	30.1	30.4	17.8	9.9	100.0	.4	3.0	20.7	24.6	26.6	24.7
5,000-5,999-----	100.0	.7	9.0	34.3	32.1	13.7	10.2	100.0	.0	3.1	23.6	22.8	24.5	26.0
6,000-6,999-----	100.0	.3	10.5	41.4	22.1	14.7	11.0	100.0	.3	2.7	21.7	26.1	28.7	20.5
7,000-7,999-----	100.0	.0	5.9	25.7	38.5	12.0	17.8	100.0	.0	1.3	12.9	22.1	30.9	32.8
8,000-8,999-----	100.0	.0	8.9	30.5	31.2	19.5	9.9	100.0	.0	.8	18.4	24.8	28.0	28.2
9,000-9,999-----	100.0	.0	10.4	33.7	25.0	16.0	14.8	100.0	.0	1.9	17.8	26.8	25.5	25.9
10,000-14,999-----	100.0	.2	13.8	31.6	35.3	14.3	4.9	100.0	.0	2.9	16.5	26.0	38.4	16.1
15,000 AND OVER-----	100.0	.0	3.8	31.4	22.8	19.7	22.2	100.0	.0	2.4	19.4	16.2	21.7	40.4
URBAN														
ALL HOUSEHOLDS, YEAR-----	100.0	.8	11.1	32.9	28.3	14.3	12.5	100.0	.7	4.3	21.0	23.6	26.8	23.7
SPRING-----	100.0	1.6	12.0	27.9	28.5	17.1	12.8	100.0	1.4	4.3	17.6	21.8	27.4	27.6
SUMMER-----	100.0	.8	13.9	31.4	25.8	13.5	14.7	100.0	.0	4.0	23.8	24.2	25.0	23.0
FALL-----	100.0	.4	7.6	31.4	29.5	15.7	15.3	100.0	.8	1.1	20.6	21.5	30.3	25.7
WINTER-----	100.0	.4	10.9	40.7	29.4	10.9	7.6	100.0	.4	7.7	22.2	26.9	24.4	18.5
UNDER 1,000-----	100.0	4.5	14.6	16.9	23.6	14.6	25.9	100.0	5.6	15.7	8.9	4.5	42.7	22.5
1,000-1,999-----	100.0	2.4	15.2	23.9	26.9	13.2	18.6	100.0	2.5	16.1	24.4	21.5	14.7	21.0
2,000-2,999-----	100.0	2.8	14.0	22.4	28.0	14.0	18.9	100.0	.7	7.7	22.4	22.4	21.7	25.2
3,000-3,999-----	100.0	.0	14.4	35.4	22.4	12.0	15.8	100.0	.4	3.3	31.4	24.2	20.5	20.2
4,000-4,999-----	100.0	1.0	12.8	28.6	30.0	16.2	11.4	100.0	.5	3.8	20.9	21.9	24.3	28.6
5,000-5,999-----	100.0	.4	9.6	38.4	28.6	14.0	9.0	100.0	.0	3.1	25.9	23.4	22.4	25.3
6,000-6,999-----	100.0	.3	10.6	44.2	20.8	13.9	10.2	100.0	.3	3.0	22.7	25.7	30.4	17.8
7,000-7,999-----	100.0	.0	5.3	27.9	40.0	11.3	15.6	100.0	.0	1.4	12.4	24.0	31.4	30.7
8,000-8,999-----	100.0	.0	7.7	30.8	32.0	19.6	9.8	100.0	.0	.8	17.1	25.2	28.2	28.6
9,000-9,999-----	100.0	.0	10.5	34.8	25.3	14.2	15.3	100.0	.0	1.6	18.4	29.5	25.8	24.7
10,000-14,999-----	100.0	.2	14.7	31.9	34.5	14.2	4.4	100.0	.0	3.1	17.0	27.2	37.0	15.7
15,000 AND OVER-----	100.0	.0	4.0	32.0	24.0	17.6	22.4	100.0	.0	2.4	20.8	15.2	22.4	39.2

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 7.--FOOD ENERGY, PROTEIN
--CONTINUED

WEST

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY †													
	FOOD ENERGY, IN CALORIES							PROTEIN, IN GRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 1,933 (3)	1,933- 2,899 (4)	2,900- 3,899 (5)	3,900- 4,899 (6)	4,900- 5,899 (7)	5,900 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 46.7 (10)	46.7- 69.9 (11)	70.0- 99.9 (12)	100.0- 119.9 (13)	120.0- 149.9 (14)	150.0 AND OVER (15)
RURAL NONFARM														
ALL HOUSEHOLDS, YEAR--	100.0	.3	9.5	22.5	30.9	19.6	17.1	100.0	.0	2.7	18.7	19.0	32.4	27.2
SPRING-----	100.0	1.1	8.9	25.8	30.3	23.6	10.1	100.0	.0	4.5	20.3	18.0	32.6	24.7
SUMMER-----	100.0	.0	14.3	14.2	25.0	21.4	25.0	100.0	.0	.0	21.4	14.2	39.3	25.0
FALL-----	100.0	.0	5.7	20.0	34.3	17.2	22.8	100.0	.0	2.9	8.7	25.7	31.5	31.4
WINTER-----	100.0	.0	10.0	30.0	33.4	16.7	10.0	100.0	.0	3.3	26.6	16.7	26.6	26.7
UNDER 3,000-----	100.0	.0	10.8	29.0	22.9	12.0	25.3	100.0	.0	6.0	28.9	13.2	18.0	33.7
3,000-4,999-----	100.0	.0	3.2	35.8	29.5	23.1	8.4	100.0	.0	.0	20.0	31.6	32.6	15.8
5,000-6,999-----	100.0	1.1	7.6	9.8	47.8	14.1	19.5	100.0	.0	2.2	8.7	24.0	30.4	34.8
7,000-9,999-----	100.0	.0	18.4	12.2	24.5	20.4	24.5	100.0	.0	.0	22.5	8.1	26.5	42.9
10,000 AND OVER----	100.0	.0	.0	25.1	43.8	25.0	6.3	100.0	.0	.0	.0	6.3	68.8	25.0
RURAL FARM														
ALL HOUSEHOLDS, YEAR--	100.0	.5	4.7	24.2	30.3	22.4	17.8	100.0	.0	1.9	17.1	20.1	27.2	33.6
SPRING-----	100.0	.0	7.7	22.6	25.4	24.0	20.4	100.0	.0	3.5	15.4	19.0	21.1	40.8
SUMMER-----	100.0	2.0	3.9	17.6	37.2	25.4	13.7	100.0	.0	2.0	19.6	15.7	31.4	31.4
FALL-----	100.0	.0	2.2	19.5	34.7	19.5	23.9	100.0	.0	.0	6.5	28.2	23.9	41.3
WINTER-----	100.0	.0	5.0	40.0	22.5	20.0	12.5	100.0	.0	2.5	27.5	17.5	32.5	20.0
UNDER 3,000-----	100.0	.0	10.3	19.1	23.5	17.6	29.4	100.0	.0	5.9	19.1	23.5	13.2	38.2
3,000-4,999-----	100.0	.0	4.1	24.7	28.1	24.8	18.2	100.0	.0	.8	16.6	19.0	31.4	32.2
5,000-6,999-----	100.0	2.4	4.1	22.8	41.5	18.7	10.6	100.0	.0	.8	19.4	17.1	30.9	31.7
7,000-9,999-----	100.0	.0	4.9	24.2	25.3	27.1	18.5	100.0	.0	3.9	15.5	23.3	23.3	34.0
10,000 AND OVER----	100.0	.0	.9	26.3	30.9	22.7	19.1	100.0	.0	.9	14.5	18.1	30.0	36.4

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	CALCIUM, IN MILLIGRAMS							IRON, IN MILLIGRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 533 (3)	533- 799 (4)	800- 999 (5)	1000- 1199 (6)	1200- 1399 (7)	1400 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 6.7 (10)	6.7- 9.9 (11)	10.0- 13.9 (12)	14.0- 17.9 (13)	18.0- 21.9 (14)	22.0 AND OVER (15)
ALL URBANIZATIONS														
ALL HOUSEHOLDS, YEAR-	100.0	6.8	23.4	21.6	18.2	12.1	17.9	100.0	1.0	7.4	30.3	28.7	15.7	16.9
SPRING-----	100.0	8.4	22.8	19.2	20.0	11.8	17.7	100.0	2.0	6.7	25.6	32.0	15.2	18.5
SUMMER-----	100.0	7.3	27.3	20.0	17.5	11.4	16.5	100.0	.0	6.8	35.7	25.8	16.5	15.1
FALL-----	100.0	4.6	19.0	23.3	18.6	13.5	20.8	100.0	1.0	5.9	24.6	29.5	19.2	19.7
WINTER-----	100.0	7.0	24.8	23.4	16.6	11.8	16.4	100.0	.9	10.0	35.5	27.3	11.7	14.4
UNDER 1,000-----	100.0	14.8	28.0	9.4	16.7	8.9	22.2	100.0	4.7	11.4	22.3	20.4	13.3	28.1
1,000-1,999-----	100.0	14.1	28.1	19.1	13.5	9.7	15.3	100.0	2.1	7.9	33.4	23.4	11.2	22.0
2,000-2,999-----	100.0	8.8	22.7	18.8	20.5	4.7	24.5	100.0	.5	2.2	28.8	25.6	20.5	22.4
3,000-3,999-----	100.0	11.0	24.7	21.8	12.1	10.9	19.5	100.0	1.2	9.2	26.7	29.0	15.5	18.3
4,000-4,999-----	100.0	5.4	27.3	17.9	21.8	16.1	11.7	100.0	1.1	6.2	24.3	32.5	21.2	14.8
5,000-5,999-----	100.0	5.4	26.0	23.3	15.4	12.8	17.0	100.0	.0	7.3	31.1	29.4	14.3	17.6
6,000-6,999-----	100.0	5.0	28.4	25.9	14.7	12.7	13.3	100.0	.6	10.0	31.5	28.9	14.5	14.6
7,000-7,999-----	100.0	2.5	16.1	18.2	21.7	17.4	24.1	100.0	.9	3.0	27.0	31.8	19.2	17.9
8,000-8,999-----	100.0	3.0	24.8	17.4	22.3	12.2	20.2	100.0	.4	6.6	34.2	32.4	12.2	14.3
9,000-9,999-----	100.0	1.1	18.6	29.1	21.1	11.9	18.1	100.0	.0	5.6	33.6	27.4	20.1	13.2
10,000-14,999-----	100.0	4.6	20.4	23.3	22.9	11.4	17.3	100.0	.9	7.1	34.0	36.0	10.1	11.4
15,000 AND OVER----	100.0	8.2	15.5	23.0	22.8	7.5	23.0	100.0	.0	7.5	33.9	11.5	24.0	23.1
URBAN														
ALL HOUSEHOLDS, YEAR-	100.0	7.3	23.6	21.9	18.2	11.9	17.2	100.0	1.2	8.0	31.4	28.3	14.7	16.5
SPRING-----	100.0	8.9	22.2	19.7	19.8	11.4	18.1	100.0	2.3	6.9	26.1	31.6	14.8	16.3
SUMMER-----	100.0	8.0	26.2	21.4	17.4	11.9	15.1	100.0	.0	8.0	36.1	25.4	15.3	14.7
FALL-----	100.0	4.5	20.3	23.4	18.4	13.0	20.3	100.0	1.2	6.2	25.6	30.2	18.8	18.0
WINTER-----	100.0	7.6	25.8	22.9	17.1	11.3	15.3	100.0	1.1	10.9	37.8	25.8	9.5	14.9
UNDER 1,000-----	100.0	14.6	29.3	6.7	20.2	10.1	19.1	100.0	5.6	13.5	22.5	14.6	15.7	28.1
1,000-1,999-----	100.0	15.2	27.8	20.0	13.2	7.8	16.1	100.0	2.4	8.8	37.1	20.5	9.7	21.5
2,000-2,999-----	100.0	9.8	23.1	18.9	23.8	5.6	18.9	100.0	.7	.7	30.1	25.2	22.4	21.0
3,000-3,999-----	100.0	13.0	24.9	21.7	11.9	9.4	19.1	100.0	1.5	9.7	29.3	29.2	13.4	17.0
4,000-4,999-----	100.0	5.3	26.2	16.2	21.9	17.6	12.9	100.0	1.5	8.1	24.2	31.9	18.1	16.2
5,000-5,999-----	100.0	5.7	26.7	24.9	15.3	12.5	15.0	100.0	.0	8.0	32.3	29.6	12.4	17.1
6,000-6,999-----	100.0	5.5	30.4	25.8	14.2	11.2	12.9	100.0	.7	9.6	32.7	29.0	12.2	15.3
7,000-7,999-----	100.0	2.9	15.9	19.4	22.2	17.3	22.3	100.0	1.1	3.2	28.2	32.2	18.7	16.6
8,000-8,999-----	100.0	3.4	25.2	16.3	21.0	12.8	21.4	100.0	.4	6.9	33.3	32.5	12.8	14.1
9,000-9,999-----	100.0	.5	19.0	28.4	21.6	12.1	18.4	100.0	.0	5.8	34.8	27.9	20.6	11.1
10,000-14,999-----	100.0	4.9	21.4	24.0	22.5	11.0	16.2	100.0	.9	7.3	35.6	35.5	9.3	11.3
15,000 AND OVER----	100.0	8.8	16.0	23.2	21.6	7.2	23.2	100.0	.0	8.0	35.2	10.4	21.0	24.8

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 8.--CALCIUM, IRON
--CONTINUED

WEST

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY †													
	CALCIUM, IN MILLIGRAMS							IRON, IN MILLIGRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 533 (3)	533- 799 (4)	800- 999 (5)	1000- 1199 (6)	1200- 1399 (7)	1400 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 6.7 (10)	6.7- 9.9 (11)	10.0- 13.9 (12)	14.0- 17.9 (13)	18.0- 21.9 (14)	22.0 AND OVER (15)
RURAL NONFARM														
ALL HOUSEHOLDS, YEAR-	100.0	5.0	23.1	19.3	17.7	12.5	22.6	100.0	.0	3.8	23.9	31.5	21.2	19.6
SPRING-----	100.0	6.7	29.2	14.6	22.5	15.7	11.2	100.0	.0	5.5	24.8	35.9	16.9	16.9
SUMMER-----	100.0	3.6	35.8	7.1	17.8	7.1	28.6	100.0	.0	.0	39.2	25.0	17.9	17.9
FALL-----	100.0	5.7	14.3	25.7	17.2	14.3	22.9	100.0	.0	5.7	17.2	25.8	20.0	31.4
WINTER-----	100.0	3.3	16.7	26.7	13.4	13.3	26.7	100.0	.0	3.3	16.7	40.0	30.0	10.0
UNDER 3,000-----	100.0	9.6	25.2	16.8	9.6	8.4	30.1	100.0	.0	3.6	18.0	38.6	14.4	25.3
3,000-4,999-----	100.0	3.2	29.5	24.2	16.8	13.7	12.6	100.0	.0	3.2	19.0	33.7	28.4	15.8
5,000-6,999-----	100.0	3.3	18.5	18.5	18.5	17.4	23.9	100.0	.0	7.6	22.9	25.0	27.1	17.4
7,000-9,999-----	100.0	2.0	18.4	18.4	20.4	14.3	26.5	100.0	.0	2.0	28.6	30.6	12.2	26.5
10,000 AND OVER----	100.0	.0	.0	12.6	43.8	.0	43.8	100.0	.0	.0	25.1	43.8	25.0	6.3
RURAL FARM														
ALL HOUSEHOLDS, YEAR-	100.0	1.8	18.4	19.9	19.9	17.0	23.0	100.0	.0	3.5	20.5	29.9	25.3	21.0
SPRING-----	100.0	4.9	19.0	20.5	20.5	9.2	26.1	100.0	.0	7.0	16.1	27.5	22.6	26.8
SUMMER-----	100.0	2.0	29.4	19.6	17.6	11.8	19.6	100.0	.0	2.0	15.6	35.3	29.4	17.6
FALL-----	100.0	.0	4.4	13.0	30.4	23.9	28.3	100.0	.0	2.2	21.8	23.9	28.3	23.9
WINTER-----	100.0	.0	20.0	27.5	10.0	25.0	17.5	100.0	.0	2.5	30.0	32.5	20.0	15.0
UNDER 3,000-----	100.0	1.5	17.7	22.1	14.8	10.3	33.8	100.0	.0	5.9	25.0	20.6	13.2	35.3
3,000-4,999-----	100.0	4.2	19.0	17.3	23.1	18.2	18.2	100.0	.0	.8	21.6	24.0	32.2	21.5
5,000-6,999-----	100.0	1.6	21.9	18.7	12.2	17.9	27.6	100.0	.0	4.0	23.5	39.9	19.6	13.0
7,000-9,999-----	100.0	1.0	18.4	23.3	29.1	7.8	20.4	100.0	.0	4.9	17.5	23.3	23.3	31.1
10,000 AND OVER----	100.0	.9	14.5	17.3	21.0	26.4	20.0	100.0	.0	3.6	17.3	32.7	33.7	12.7

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	VITAMIN A VALUE, IN INTERNATIONAL UNITS							THIAMIN, IN MILLIGRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 3,333 (3)	3,333- 4,999 (4)	5,000- 7,499 (5)	7,500- 9,999 (6)	10,000- 14,999 (7)	15,000 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 0.80 (10)	0.80- 1.19 (11)	1.20- 1.79 (12)	1.80- 2.39 (13)	2.40- 2.79 (14)	2.80 AND OVER (15)
ALL URBANIZATIONS														
ALL HOUSEHOLDS, YEAR-----	100.0	4.4	14.7	28.8	20.8	21.4	9.9	100.0	1.4	8.4	33.1	32.2	11.4	13.4
SPRING-----	100.0	5.7	14.9	28.6	19.2	21.1	10.5	100.0	1.7	7.5	31.9	30.0	14.0	15.0
SUMMER-----	100.0	3.5	13.3	24.9	23.8	22.9	11.6	100.0	1.3	9.9	34.7	29.9	9.8	14.3
FALL-----	100.0	2.9	11.3	29.0	20.7	27.7	8.3	100.0	1.9	5.5	27.1	37.1	13.4	14.9
WINTER-----	100.0	5.5	19.2	32.5	19.6	13.9	9.3	100.0	.6	11.1	38.8	31.5	8.6	9.5
UNDER 1,000-----	100.0	16.8	14.8	20.9	11.3	26.8	9.3	100.0	5.6	12.0	17.9	24.9	15.7	23.9
1,000-1,999-----	100.0	10.7	17.8	19.8	17.4	22.6	11.5	100.0	5.6	9.0	34.7	26.2	17.4	7.1
2,000-2,999-----	100.0	7.1	18.2	27.2	15.2	17.2	15.2	100.0	.5	1.3	35.8	31.1	12.1	19.1
3,000-3,999-----	100.0	5.5	17.2	32.8	13.4	17.1	14.0	100.0	.3	11.5	33.5	27.1	11.7	16.1
4,000-4,999-----	100.0	5.1	20.4	26.7	24.2	15.4	8.1	100.0	1.1	9.8	30.3	37.5	10.1	11.3
5,000-5,999-----	100.0	2.8	12.8	29.4	22.5	22.9	9.5	100.0	.2	7.7	33.3	34.0	9.3	15.5
6,000-6,999-----	100.0	2.1	11.9	30.1	18.9	25.0	12.2	100.0	.6	6.8	38.8	33.8	9.9	10.2
7,000-7,999-----	100.0	3.2	11.5	23.2	28.5	21.3	12.5	100.0	.9	8.3	27.0	33.7	13.3	16.8
8,000-8,999-----	100.0	.0	17.3	32.6	20.0	23.7	6.4	100.0	1.2	6.2	33.9	31.5	11.9	15.4
9,000-9,999-----	100.0	.6	16.6	32.3	16.2	26.2	8.0	100.0	.0	7.4	37.1	31.3	12.1	12.0
10,000-14,999-----	100.0	3.1	9.3	34.7	25.8	20.5	6.5	100.0	.9	11.0	34.7	33.0	12.1	8.3
15,000 AND OVER----	100.0	.8	15.5	25.8	22.1	21.8	14.0	100.0	.1	7.3	31.3	35.4	5.7	20.0
URBAN														
ALL HOUSEHOLDS, YEAR-----	100.0	4.1	14.3	29.1	20.9	21.6	10.0	100.0	1.5	9.1	34.3	31.0	10.9	13.1
SPRING-----	100.0	5.6	14.3	27.9	19.2	21.6	11.3	100.0	1.9	7.4	32.8	29.5	13.7	14.7
SUMMER-----	100.0	2.4	13.9	24.6	24.6	23.4	11.2	100.0	1.2	10.8	36.5	28.2	9.5	13.9
FALL-----	100.0	2.6	9.6	29.9	20.3	29.2	8.4	100.0	2.3	6.2	28.0	36.0	12.6	14.9
WINTER-----	100.0	5.8	19.3	33.8	19.6	12.8	8.8	100.0	.8	12.0	39.6	30.5	8.0	9.1
UNDER 1,000-----	100.0	19.1	6.7	18.0	13.5	31.5	11.3	100.0	6.7	13.5	14.6	22.5	19.1	23.6
1,000-1,999-----	100.0	9.8	16.1	20.5	16.6	23.9	13.2	100.0	6.4	9.8	38.0	23.4	15.6	6.8
2,000-2,999-----	100.0	7.0	16.1	28.7	16.8	15.4	16.1	100.0	.7	1.4	35.0	28.7	14.0	20.3
3,000-3,999-----	100.0	6.2	17.0	32.5	13.7	15.8	14.8	100.0	.4	11.9	36.1	23.4	13.0	15.2
4,000-4,999-----	100.0	2.4	21.0	26.7	23.8	16.2	10.1	100.0	1.5	11.4	30.5	36.6	7.6	12.4
5,000-5,999-----	100.0	2.9	14.2	28.2	22.3	24.2	8.2	100.0	.2	8.3	34.4	34.3	7.9	14.8
6,000-6,999-----	100.0	2.3	12.2	29.4	19.8	24.8	11.5	100.0	.6	7.4	40.0	32.3	8.9	10.9
7,000-7,999-----	100.0	2.5	12.4	22.6	30.0	22.3	10.2	100.0	1.1	8.4	28.6	32.8	14.5	14.5
8,000-8,999-----	100.0	.0	16.7	33.8	19.7	23.1	6.9	100.0	1.3	6.5	32.8	31.6	12.0	15.8
9,000-9,999-----	100.0	.5	15.8	32.1	16.3	26.8	8.4	100.0	.0	7.4	38.5	32.1	10.0	12.1
10,000-14,999-----	100.0	3.2	9.8	36.0	24.8	19.8	6.4	100.0	1.0	11.4	36.0	31.8	11.6	7.8
15,000 AND OVER----	100.0	.8	15.2	26.4	23.2	19.2	15.2	100.0	.0	8.0	32.8	35.2	2.4	21.6

* SEE NOTES FOLLOWING WEST, TABLE 18.

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	VITAMIN A VALUE, IN INTERNATIONAL UNITS							THIAMIN, IN MILLIGRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 3,333 (3)	3,333- 4,999 (4)	5,000- 7,499 (5)	7,500- 9,999 (6)	10,000- 14,999 (7)	15,000 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 0.80 (10)	0.80- 1.19 (11)	1.20- 1.79 (12)	1.80- 2.39 (13)	2.40- 2.79 (14)	2.80 AND OVER (15)
RURAL NONFARM														
ALL HOUSEHOLDS, YEAR--	100.0	7.6	18.8	25.3	19.6	18.5	10.3	100.0	.8	4.6	26.1	38.9	15.5	14.1
SPRING-----	100.0	7.9	20.2	33.7	20.2	15.7	2.2	100.0	.0	8.9	26.9	32.6	16.9	14.6
SUMMER-----	100.0	14.3	10.7	25.0	17.9	14.3	17.9	100.0	3.6	3.6	21.4	42.9	14.3	14.3
FALL-----	100.0	5.8	22.9	22.9	22.9	20.0	5.8	100.0	.0	2.9	22.8	42.9	17.1	14.3
WINTER-----	100.0	3.3	20.0	20.0	16.7	23.4	16.6	100.0	.0	3.3	33.4	36.6	13.3	13.3
UNDER 3,000-----	100.0	10.8	33.7	22.9	12.0	13.2	7.2	100.0	.0	2.4	30.0	39.7	13.3	14.5
3,000-4,999-----	100.0	10.6	18.9	28.4	18.9	20.0	3.2	100.0	.0	7.4	25.3	42.2	13.7	11.6
5,000-6,999-----	100.0	2.2	4.3	35.9	20.7	16.3	20.7	100.0	.0	3.3	28.2	34.8	19.6	14.1
7,000-9,999-----	100.0	6.1	18.4	24.5	14.3	18.3	18.3	100.0	.0	4.1	24.5	34.6	10.2	26.5
10,000 AND OVER----	100.0	.0	6.3	6.3	37.5	50.0	.0	100.0	.0	.0	.0	56.3	43.8	.0
RURAL FARM														
ALL HOUSEHOLDS, YEAR--	100.0	2.3	12.1	30.7	22.8	23.0	9.0	100.0	.4	4.5	24.8	40.0	11.8	18.6
SPRING-----	100.0	4.9	13.4	33.1	16.9	21.8	9.8	100.0	1.4	2.8	22.6	35.2	14.1	23.9
SUMMER-----	100.0	2.0	5.9	31.4	21.6	31.3	7.9	100.0	.0	5.9	29.4	37.2	3.9	23.5
FALL-----	100.0	.0	17.4	26.1	23.9	17.4	15.2	100.0	.0	.0	19.5	45.6	19.6	15.2
WINTER-----	100.0	2.5	12.5	32.5	30.0	20.0	2.5	100.0	.0	10.0	27.5	42.5	10.0	10.0
UNDER 3,000-----	100.0	7.4	19.1	22.1	14.7	35.3	1.5	100.0	.0	5.9	23.6	41.2	7.4	22.1
3,000-4,999-----	100.0	2.5	17.4	36.4	21.5	8.3	14.1	100.0	.0	1.7	24.0	46.3	6.6	21.5
5,000-6,999-----	100.0	.0	11.4	39.0	16.3	26.0	7.3	100.0	.8	2.4	27.6	42.3	10.6	16.3
7,000-9,999-----	100.0	1.0	7.8	32.0	27.2	22.3	9.7	100.0	.0	9.7	22.3	31.1	20.4	16.5
10,000 AND OVER----	100.0	3.6	7.3	22.7	29.1	26.4	10.9	100.0	.9	2.7	25.5	39.1	11.8	20.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	RIBOFLAVIN, IN MILLIGRAMS							ASCORBIC ACID, IN MILLIGRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 1.13 (3)	1.13- 1.69 (4)	1.70- 2.49 (5)	2.50- 2.89 (6)	2.90- 3.29 (7)	3.30 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 47 (10)	47- 69 (11)	70- 89 (12)	90- 129 (13)	130- 169 (14)	170 AND OVER (15)
ALL URBANIZATIONS														
ALL HOUSEHOLDS, YEAR-----	100.0	.7	4.6	25.6	17.7	14.0	37.4	100.0	9.0	14.4	15.2	25.5	15.8	20.1
SPRING-----	100.0	1.2	4.5	19.9	15.0	14.7	44.9	100.0	10.0	13.3	14.6	25.1	16.8	20.3
SUMMER-----	100.0	.7	3.7	29.8	15.4	10.6	39.7	100.0	9.9	12.7	15.4	26.5	14.7	20.7
FALL-----	100.0	.3	3.6	21.6	18.4	16.7	39.4	100.0	6.6	14.7	17.2	27.9	16.3	17.4
WINTER-----	100.0	.6	6.4	27.8	19.2	14.5	31.4	100.0	9.4	16.9	13.5	22.8	15.6	21.9
UNDER 1,000-----	100.0	3.7	13.9	13.0	10.4	9.1	50.0	100.0	15.6	17.6	16.7	16.9	9.8	23.5
1,000-1,999-----	100.0	3.9	8.5	26.7	18.4	9.1	33.1	100.0	13.8	19.8	18.0	19.8	11.2	17.3
2,000-2,999-----	100.0	.0	7.8	27.7	15.9	9.0	39.6	100.0	7.2	17.2	16.7	22.0	15.9	20.9
3,000-3,999-----	100.0	.9	6.4	29.7	15.2	12.9	34.9	100.0	16.7	18.9	15.8	19.1	14.7	14.8
4,000-4,999-----	100.0	.7	4.5	27.8	15.6	20.2	31.2	100.0	14.8	13.8	15.4	29.3	11.4	15.1
5,000-5,999-----	100.0	.2	3.7	28.4	19.8	12.9	34.9	100.0	9.7	15.4	20.7	25.1	12.2	17.0
6,000-6,999-----	100.0	.3	1.8	33.5	18.4	11.0	34.9	100.0	6.0	15.0	14.2	32.1	16.0	16.9
7,000-7,999-----	100.0	.0	3.2	18.1	10.3	19.1	49.2	100.0	5.1	13.3	13.1	29.3	18.8	20.3
8,000-8,999-----	100.0	.0	.8	26.3	16.1	18.4	38.3	100.0	4.6	13.9	15.6	26.3	21.2	18.5
9,000-9,999-----	100.0	.1	3.5	19.8	27.3	14.1	35.1	100.0	7.4	7.6	9.0	27.9	24.1	23.9
10,000-14,999-----	100.0	.0	3.9	22.6	18.7	15.1	39.7	100.0	7.9	13.4	11.0	28.3	14.1	25.4
15,000 AND OVER----	100.0	.0	3.0	21.5	20.0	12.7	42.7	100.0	1.0	4.1	12.0	24.8	25.9	32.3
URBAN														
ALL HOUSEHOLDS, YEAR-----	100.0	.7	5.1	26.1	18.0	13.6	36.3	100.0	8.7	13.7	15.1	25.3	16.3	20.9
SPRING-----	100.0	1.1	5.0	18.8	15.6	14.7	45.0	100.0	10.1	12.3	14.4	24.2	17.3	21.5
SUMMER-----	100.0	.8	4.0	32.1	14.7	9.9	38.5	100.0	10.0	12.4	15.8	25.4	15.9	20.6
FALL-----	100.0	.4	3.8	23.1	19.2	16.1	37.5	100.0	6.1	12.6	15.7	29.9	17.3	18.4
WINTER-----	100.0	.7	7.3	27.3	20.0	14.9	29.8	100.0	9.2	17.1	14.2	21.8	14.9	22.9
UNDER 1,000-----	100.0	4.5	16.9	7.9	5.6	9.0	56.2	100.0	14.6	12.4	13.5	20.3	11.3	28.1
1,000-1,999-----	100.0	4.4	9.9	28.3	18.5	7.3	31.7	100.0	13.1	21.0	17.5	20.5	9.8	18.0
2,000-2,999-----	100.0	.0	10.5	23.1	19.6	10.5	36.4	100.0	5.6	16.1	14.7	22.4	18.2	23.1
3,000-3,999-----	100.0	1.1	7.6	30.0	15.9	10.5	35.0	100.0	16.5	20.3	14.5	17.7	15.5	15.5
4,000-4,999-----	100.0	1.0	4.3	29.5	15.2	17.6	32.4	100.0	16.2	10.5	16.7	31.5	9.0	16.2
5,000-5,999-----	100.0	.0	4.2	30.5	19.8	13.4	32.2	100.0	10.4	13.6	20.6	24.2	12.9	18.2
6,000-6,999-----	100.0	.3	2.0	36.0	18.8	10.2	32.7	100.0	5.6	14.6	15.5	31.4	15.9	17.2
7,000-7,999-----	100.0	.0	3.7	18.4	11.0	19.4	47.7	100.0	5.3	12.3	14.5	27.9	19.8	20.1
8,000-8,999-----	100.0	.0	.8	25.2	16.2	18.4	39.3	100.0	4.3	13.3	16.2	26.1	21.3	18.8
9,000-9,999-----	100.0	.0	3.7	20.0	28.4	13.7	34.2	100.0	7.4	7.9	9.0	28.4	24.2	23.2
10,000-14,999-----	100.0	.0	4.2	23.6	18.4	15.4	38.5	100.0	7.6	13.7	10.3	28.7	14.2	25.5
15,000 AND OVER----	100.0	.0	3.2	22.4	20.8	12.8	40.8	100.0	.8	3.2	9.6	24.8	28.0	33.6

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 10.—RIBOFLAVIN, ASCORBIC ACID
--CONTINUED

WEST

BY ORGANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY *													
	RIBOFLAVIN, IN MILLIGRAMS							ASCORBIC ACID, IN MILLIGRAMS						
	ALL HOUSE- HOLDS (2)	UNDER 1.13 (3)	1.13- 1.69 (4)	1.70- 2.49 (5)	2.50- 2.89 (6)	2.90- 3.29 (7)	3.30 AND OVER (8)	ALL HOUSE- HOLDS (9)	UNDER 47 (10)	47- 69 (11)	70- 89 (12)	90- 129 (13)	130- 169 (14)	170 AND OVER (15)
RURAL NONFARM														
ALL HOUSEHOLDS, YEAR—	100.0	.3	1.9	23.4	14.9	15.8	43.8	100.0	10.5	20.9	16.8	26.9	10.1	14.7
SPRING-----	100.0	1.1	2.2	30.2	10.1	14.6	41.6	100.0	10.1	22.4	15.8	30.3	11.3	10.1
SUMMER-----	100.0	.0	3.6	14.3	17.9	14.3	50.0	100.0	10.7	14.3	14.2	35.7	3.6	21.4
FALL-----	100.0	.0	2.9	14.3	14.3	20.0	48.6	100.0	8.6	28.5	28.6	14.3	8.6	11.4
WINTER-----	100.0	.0	.0	33.3	13.3	10.0	43.3	100.0	13.4	16.6	6.7	30.0	16.6	16.7
UNDER 3,000-----	100.0	.0	.0	34.9	14.5	8.4	42.2	100.0	14.4	24.0	25.3	15.6	9.6	10.8
3,000-4,999-----	100.0	.0	3.2	26.3	15.8	28.4	26.3	100.0	14.8	17.9	17.9	25.3	13.7	10.5
5,000-6,999-----	100.0	1.1	1.1	15.2	18.5	10.9	53.3	100.0	5.5	25.1	16.3	34.8	6.5	12.0
7,000-9,999-----	100.0	.0	.0	28.5	4.1	16.3	51.0	100.0	2.0	20.3	4.1	34.7	14.2	24.5
10,000 AND OVER-----	100.0	.0	.0	.0	18.8	12.5	68.8	100.0	18.8	6.3	43.8	.0	.0	31.3
RURAL FARM														
ALL HOUSEHOLDS, YEAR—	100.0	.4	1.7	16.5	15.7	19.5	46.3	100.0	9.8	14.9	12.7	27.1	22.1	13.6
SPRING-----	100.0	2.1	2.1	14.1	14.8	14.8	52.1	100.0	10.5	13.3	13.3	29.6	18.4	14.3
SUMMER-----	100.0	.0	.0	15.8	25.5	17.6	41.2	100.0	9.8	17.6	7.9	27.4	17.6	19.0
FALL-----	100.0	.0	.0	8.7	13.0	21.7	56.5	100.0	13.1	19.5	15.2	21.8	19.5	10.9
WINTER-----	100.0	.0	2.5	25.0	12.5	17.5	42.5	100.0	5.0	7.5	15.0	30.0	35.0	7.5
UNDER 3,000-----	100.0	1.5	.0	20.6	13.2	25.0	39.7	100.0	22.1	8.9	16.2	13.2	25.0	14.7
3,000-4,999-----	100.0	.0	1.7	19.0	9.9	23.1	46.3	100.0	9.9	20.7	11.5	22.3	20.6	14.9
5,000-6,999-----	100.0	.0	1.6	17.1	17.9	17.9	45.5	100.0	8.9	18.7	9.8	27.6	25.2	9.8
7,000-9,999-----	100.0	1.0	2.9	11.6	19.4	22.3	42.7	100.0	13.6	11.7	8.7	30.1	19.4	16.5
10,000 AND OVER-----	100.0	.0	.9	15.4	20.9	9.1	53.6	100.0	1.8	11.8	13.6	40.0	17.2	15.5

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY							
	ANY NUTRIENT (OF 7)	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)

LESS THAN RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR-	51.0	4.6	30.2	8.4	19.1	9.8	5.3	23.4
SPRING-----	48.5	5.3	31.2	8.7	20.6	9.2	5.7	23.3
SUMMER-----	53.0	3.4	34.6	6.8	16.8	11.2	4.4	22.6
FALL-----	46.5	1.9	23.6	6.9	14.2	7.4	3.9	21.3
WINTER-----	56.1	7.4	31.8	10.9	24.7	11.7	7.0	26.3
UNDER 1,000-----	62.0	17.5	42.8	16.1	31.6	17.6	17.6	33.2
1,000-1,999-----	66.1	17.2	42.2	10.0	28.5	14.6	12.4	33.6
2,000-2,999-----	52.7	8.1	31.5	2.7	25.3	1.8	7.8	24.4
3,000-3,999-----	58.6	3.0	35.7	10.4	22.7	11.8	7.3	35.6
4,000-4,999-----	55.7	3.4	32.7	7.3	25.5	10.9	5.2	28.6
5,000-5,999-----	52.3	3.1	31.4	7.3	15.6	7.9	3.9	25.1
6,000-6,999-----	49.5	3.0	33.4	10.6	14.0	7.4	2.1	21.0
7,000-7,999-----	36.9	1.3	18.6	3.9	14.7	9.2	3.2	18.4
8,000-8,999-----	49.7	.8	27.8	7.0	17.3	7.4	.8	18.5
9,000-9,999-----	40.4	1.9	19.7	5.6	17.2	7.4	3.6	15.0
10,000-14,999-----	47.8	2.9	25.0	8.0	12.4	11.9	3.9	21.3
15,000 AND OVER----	38.4	2.4	23.7	7.5	16.3	7.4	3.0	5.1

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR-	16.5	.6	6.8	1.0	4.4	1.4	.7	9.0
SPRING-----	18.0	1.1	8.4	2.0	5.7	1.7	1.2	10.0
SUMMER-----	18.7	.0	7.3	.0	3.5	1.3	.7	9.9
FALL-----	12.2	.6	4.6	1.0	2.9	1.9	.3	6.6
WINTER-----	17.1	.3	7.0	.9	5.5	.6	.6	9.4
UNDER 1,000-----	27.6	4.6	14.8	4.7	16.8	5.6	3.7	15.6
1,000-1,999-----	27.9	2.2	14.1	2.1	10.7	5.6	3.9	13.8
2,000-2,999-----	16.9	.5	8.8	.5	7.1	.5	.0	7.2
3,000-3,999-----	25.3	.3	11.0	1.2	5.5	.3	.9	16.7
4,000-4,999-----	20.6	.4	5.4	1.1	5.1	1.1	.7	14.8
5,000-5,999-----	15.3	.0	5.4	.0	2.8	.2	.2	9.7
6,000-6,999-----	12.4	.3	5.0	.6	2.1	.6	.3	6.0
7,000-7,999-----	10.5	.0	2.5	.9	3.2	.9	.0	5.1
8,000-8,999-----	8.8	.0	3.0	.4	.0	1.2	.0	4.6
9,000-9,999-----	8.9	.0	1.1	.0	.6	.0	.1	7.4
10,000-14,999-----	13.5	.0	4.6	.9	3.1	.9	.0	7.9
15,000 AND OVER----	8.5	.0	8.2	.0	.8	.1	.0	1.0

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY							
	ANY NUTRIENT (OF 7)	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)

LESS THAN RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR--	50.6	5.0	30.9	9.2	18.4	10.6	5.8	22.4
SPRING-----	47.2	5.7	31.1	9.2	19.9	9.3	6.1	22.4
SUMMER-----	52.8	4.0	34.2	8.0	16.3	12.0	4.8	22.4
FALL-----	44.1	1.9	24.8	7.4	12.2	8.5	4.2	18.7
WINTER-----	58.2	8.1	33.4	12.0	25.1	12.8	8.0	26.3
UNDER 1,000-----	55.1	21.3	43.9	19.1	25.8	20.2	21.4	27.0
1,000-1,999-----	64.9	18.6	43.0	11.2	25.9	16.2	14.3	34.1
2,000-2,999-----	49.7	8.4	32.9	1.4	23.1	2.1	10.5	21.7
3,000-3,999-----	59.2	3.7	37.9	11.2	23.2	12.3	8.7	36.8
4,000-4,999-----	54.3	4.3	31.5	9.6	23.4	12.9	5.3	26.7
5,000-5,999-----	53.0	3.1	32.4	8.0	17.1	8.5	4.2	24.0
6,000-6,999-----	51.2	3.3	35.9	10.3	14.5	8.0	2.3	20.2
7,000-7,999-----	37.8	1.4	18.8	4.3	14.9	9.5	3.7	17.6
8,000-8,999-----	50.0	.8	28.6	7.3	16.7	7.8	.8	17.6
9,000-9,999-----	39.5	1.6	19.5	5.8	16.3	7.4	3.7	15.3
10,000-14,999-----	49.0	3.1	26.3	8.2	13.0	12.4	4.2	21.3
15,000 AND OVER----	39.2	2.4	24.8	8.0	16.0	8.0	3.2	4.0

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR--	16.5	.7	7.3	1.2	4.1	1.5	.7	8.7
SPRING-----	18.3	1.4	8.9	2.3	5.6	1.9	1.1	10.1
SUMMER-----	18.3	.0	8.0	.0	2.4	1.2	.8	10.0
FALL-----	11.9	.8	4.5	1.2	2.6	2.3	.4	6.1
WINTER-----	17.5	.4	7.6	1.1	5.8	.8	.7	9.2
UNDER 1,000-----	24.7	5.6	14.6	5.6	19.1	6.7	4.5	14.6
1,000-1,999-----	28.3	2.5	15.2	2.4	9.8	6.4	4.4	13.1
2,000-2,999-----	16.1	.7	9.8	.7	7.0	.7	.0	5.6
3,000-3,999-----	26.7	.4	13.0	1.5	6.2	.4	1.1	16.5
4,000-4,999-----	20.5	.5	5.3	1.5	2.4	1.5	1.0	16.2
5,000-5,999-----	16.5	.0	5.7	.0	2.9	.2	.0	10.4
6,000-6,999-----	12.9	.3	5.5	.7	2.3	.6	.3	5.6
7,000-7,999-----	10.2	.0	2.9	1.1	2.5	1.1	.0	5.3
8,000-8,999-----	9.0	.0	3.4	.4	.0	1.3	.0	4.3
9,000-9,999-----	8.4	.0	.5	.0	.5	.0	.0	7.4
10,000-14,999-----	13.5	.0	4.9	.9	3.2	1.0	.0	7.6
15,000 AND OVER----	8.8	.0	8.8	.0	.8	.0	.0	.8

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY							
	ANY NUTRIENT (OF 7)	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)

LESS THAN RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR--	57.1	2.7	28.1	3.8	26.4	5.4	2.2	31.4
SPRING-----	60.7	4.5	35.9	5.5	28.1	8.9	3.3	32.5
SUMMER-----	57.1	.0	39.4	.0	25.0	7.2	3.6	25.0
FALL-----	65.7	2.9	20.0	5.7	28.7	2.9	2.9	37.1
WINTER-----	43.3	3.3	20.0	3.3	23.3	3.3	.0	30.0
UNDER 3,000-----	74.7	6.0	34.8	3.6	44.5	2.4	.0	38.4
3,000-4,999-----	61.1	.0	32.7	3.2	29.5	7.4	3.2	32.7
5,000-6,999-----	43.5	2.2	21.8	7.6	6.5	3.3	2.2	30.6
7,000-9,999-----	42.9	.0	20.4	2.0	24.5	4.1	.0	22.3
10,000 AND OVER----	25.0	.0	.0	.0	6.3	.0	.0	25.1

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR--	17.9	.0	5.0	.0	7.6	.8	.3	10.5
SPRING-----	16.9	.0	6.7	.0	7.9	.0	1.1	10.1
SUMMER-----	25.0	.0	3.6	.0	14.3	3.6	.0	10.7
FALL-----	14.3	.0	5.7	.0	5.8	.0	.0	8.6
WINTER-----	16.7	.0	3.3	.0	3.3	.0	.0	13.4
UNDER 3,000-----	25.3	.0	9.6	.0	10.8	.0	.0	14.4
3,000-4,999-----	21.1	.0	3.2	.0	10.6	.0	.0	14.8
5,000-6,999-----	7.6	.0	3.3	.0	2.2	.0	1.1	5.5
7,000-9,999-----	10.2	.0	2.0	.0	6.1	.0	.0	2.0
10,000 AND OVER----	18.8	.0	.0	.0	.0	.0	.0	18.8

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY							
	ANY NUTRIENT (OF 7)	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMIN	RIBO- FLAVIN	ASCORBIC ACID
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)

LESS THAN RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR-	41.8	1.9	20.2	3.5	14.4	4.9	2.1	24.7
SPRING-----	44.4	3.5	23.9	7.0	18.3	4.2	4.2	23.8
SUMMER-----	47.1	2.0	31.4	2.0	7.9	5.9	.0	27.4
FALL-----	41.3	.0	4.4	2.2	17.4	.0	.0	32.6
WINTER-----	32.5	2.5	20.0	2.5	15.0	10.0	2.5	12.5
UNDER 3,000-----	55.9	5.9	19.2	5.9	26.5	5.9	1.5	31.0
3,000-4,999-----	47.1	.8	23.2	.8	19.9	1.7	1.7	30.6
5,000-6,999-----	45.5	.8	23.5	4.0	11.4	3.2	1.6	27.6
7,000-9,999-----	33.0	3.9	19.4	4.9	8.8	9.7	3.9	25.3
10,000 AND OVER----	33.6	.9	15.4	3.6	10.9	3.6	.9	13.6

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

ALL HOUSEHOLDS, YEAR-	12.1	.0	1.8	.0	2.3	.4	.4	9.8
SPRING-----	13.4	.0	4.9	.0	4.9	1.4	2.1	10.5
SUMMER-----	13.7	.0	2.0	.0	2.0	.0	.0	9.8
FALL-----	13.0	.0	.0	.0	.0	.0	.0	13.1
WINTER-----	7.5	.0	.0	.0	2.5	.0	.0	5.0
UNDER 3,000-----	26.5	.0	1.5	.0	7.4	.0	1.5	22.1
3,000-4,999-----	13.2	.0	4.2	.0	2.5	.0	.0	9.9
5,000-6,999-----	10.6	.0	1.6	.0	.0	.8	.0	8.9
7,000-9,999-----	13.6	.0	1.0	.0	1.0	.0	1.0	13.6
10,000 AND OVER----	5.5	.0	.9	.0	3.6	.9	.0	1.8

TABLE 12.--HOUSEHOLD DIETS BY NUMBER OF NUTRIENTS
BELOW RECOMMENDED ALLOWANCE (1963)

WEST

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF DIETS SHORT IN --							
	1 OR MORE ‡	1	2	3	4	5	6	7
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
ALL URBANIZATIONS								
ALL HOUSEHOLDS, YEAR--	100.0	52.5	22.9	11.9	5.7	2.7	1.9	2.3
SPRING-----	100.0	46.5	26.0	12.3	5.8	3.6	2.5	3.3
SUMMER-----	100.0	50.3	27.3	12.5	5.3	2.6	1.3	.7
FALL-----	100.0	64.5	17.2	8.5	5.6	1.4	2.1	.7
WINTER-----	100.0	50.1	19.9	14.5	6.8	3.0	1.7	4.0
UNDER 1,000-----	100.0	40.0	20.9	10.7	6.0	3.0	4.5	14.9
1,000-1,999-----	100.0	44.7	18.7	15.8	8.4	2.6	4.5	5.3
2,000-2,999-----	100.0	50.0	23.6	14.5	6.9	5.0	.0	.0
3,000-3,999-----	100.0	43.8	22.3	19.3	9.0	2.1	2.1	1.6
4,000-4,999-----	100.0	48.9	26.3	14.4	2.7	3.2	.0	4.5
5,000-5,999-----	100.0	56.6	23.8	9.5	4.9	2.8	2.1	.3
6,000-6,999-----	100.0	53.4	22.9	14.7	7.1	.1	.6	1.2
7,000-7,999-----	100.0	54.8	22.7	10.1	6.0	5.6	.0	.9
8,000-8,999-----	100.0	61.8	24.2	10.1	2.3	.0	.8	.8
9,000-9,999-----	100.0	53.2	26.0	14.9	5.7	.0	.0	.2
10,000-14,999-----	100.0	64.3	20.8	2.4	2.9	5.8	1.9	1.9
15,000 AND OVER-----	100.0	55.9	29.9	6.1	5.7	.0	2.3	.0
URBAN								
ALL HOUSEHOLDS, YEAR--	100.0	52.1	22.3	11.9	6.0	2.9	2.1	2.6
SPRING-----	100.0	46.0	25.5	12.5	5.6	4.3	2.7	3.5
SUMMER-----	100.0	50.4	26.3	12.8	5.3	3.0	1.5	.8
FALL-----	100.0	62.6	17.4	9.6	6.1	.9	2.6	.9
WINTER-----	100.0	51.3	18.8	13.1	7.5	3.1	1.9	4.4
UNDER 1,000-----	100.0	40.8	8.2	14.3	6.1	4.1	6.1	20.4
1,000-1,999-----	100.0	41.4	21.1	14.3	9.0	3.0	5.3	6.0
2,000-2,999-----	100.0	47.9	22.5	16.9	5.6	7.0	.0	.0
3,000-3,999-----	100.0	42.1	20.1	20.7	10.4	2.4	2.4	1.8
4,000-4,999-----	100.0	50.0	22.8	15.8	3.5	1.8	.0	6.1
5,000-5,999-----	100.0	55.5	23.2	10.6	5.5	3.1	2.0	.0
6,000-6,999-----	100.0	52.9	23.9	14.2	7.1	.0	.6	1.3
7,000-7,999-----	100.0	56.1	24.3	6.5	6.5	5.6	.0	.9
8,000-8,999-----	100.0	62.4	24.8	8.5	2.6	.0	.9	.9
9,000-9,999-----	100.0	50.7	28.0	16.0	5.3	.0	.0	.0
10,000-14,999-----	100.0	63.5	21.0	2.5	3.0	6.0	2.0	2.0
15,000 AND OVER-----	100.0	57.1	28.6	6.1	6.1	.0	2.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 12.--HOUSEHOLD DIETS BY NUMBER OF NUTRIENTS
BELOW RECOMMENDED ALLOWANCE (1963)--CONTINUED

WEST

BY URBANIZATION

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	PERCENT OF DIETS SHORT IN --							
	1 OR MORE *	1	2	3	4	5	6	7
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
RURAL NONFARM								
ALL HOUSEHOLDS, YEAR--	100.0	55.2	24.8	13.3	4.3	1.4	.5	.5
SPRING-----	100.0	48.1	29.6	11.1	7.4	.0	1.9	1.9
SUMMER-----	100.0	50.0	31.3	12.5	6.3	.0	.0	.0
FALL-----	100.0	73.9	13.0	4.3	4.3	4.3	.0	.0
WINTER-----	100.0	38.5	30.8	30.8	.0	.0	.0	.0
UNDER 3,000-----	100.0	53.2	27.4	11.3	8.1	.0	.0	.0
3,000-4,999-----	100.0	50.0	32.8	12.1	.0	5.2	.0	.0
5,000-6,999-----	100.0	65.0	20.0	7.5	2.5	.0	2.5	2.5
7,000-9,999-----	100.0	61.9	4.8	33.3	.0	.0	.0	.0
10,000 AND OVER----	100.0	75.0	25.0	.0	.0	.0	.0	.0
RURAL FARM								
ALL HOUSEHOLDS, YEAR--	100.0	52.4	34.6	7.4	2.6	1.7	.4	.9
SPRING-----	100.0	54.0	23.8	11.1	6.3	.0	1.6	3.2
SUMMER-----	100.0	50.0	41.7	4.2	4.2	.0	.0	.0
FALL-----	100.0	63.2	36.8	.0	.0	.0	.0	.0
WINTER-----	100.0	38.5	38.5	15.4	.0	7.7	.0	.0
UNDER 3,000-----	100.0	57.9	23.7	15.8	.0	.0	.0	2.6
3,000-4,999-----	100.0	43.9	49.1	3.5	3.5	.0	.0	.0
5,000-6,999-----	100.0	55.4	35.7	5.4	1.8	1.8	.0	.0
7,000-9,999-----	100.0	41.2	26.5	11.8	8.8	8.8	.0	2.9
10,000 AND OVER----	100.0	67.6	27.0	2.7	.0	.0	2.7	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL (MILK EQUIV- ALENT) ‡	MILK (FRESH, PROCESSED)			CREAM, ICE CREAM	CHEESE	SOUP, MIX- TURES
		TOTAL (EQUIV- ALENT) ‡	COMMER- CIALLY CANNED	DRY			
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)							
ALL HOUSEHOLDS, YEAR-	4.376	3.314	.206	.053	.627	.434	.146
SPRING-----	4.233	3.167	.203	.053	.648	.442	.143
SUMMER-----	4.218	3.150	.175	.054	.684	.443	.101
FALL-----	4.613	3.475	.212	.057	.640	.448	.166
WINTER-----	4.434	3.462	.233	.048	.533	.402	.175
UNDER 1,000-----	3.716	2.897	.534	.091	.618	.326	.084
1,000-1,999-----	3.393	2.616	.386	.069	.554	.404	.098
2,000-2,999-----	4.325	3.409	.416	.120	.484	.411	.196
3,000-3,999-----	3.976	2.974	.242	.058	.457	.359	.192
4,000-4,999-----	3.959	2.974	.268	.033	.579	.358	.139
5,000-5,999-----	4.187	3.207	.223	.068	.553	.391	.156
6,000-6,999-----	4.220	3.217	.174	.044	.674	.384	.089
7,000-7,999-----	5.047	3.817	.217	.064	.653	.484	.217
8,000-8,999-----	4.722	3.548	.154	.027	.709	.474	.115
9,000-9,999-----	4.515	3.218	.181	.014	.752	.531	.116
10,000-14,999-----	4.873	3.746	.062	.055	.702	.465	.151
15,000 AND OVER----	4.617	3.415	.069	.009	.851	.632	.155
MONEY VALUE PER PERSON PER WEEK (DOLLARS)							
ALL HOUSEHOLDS, YEAR-	1.210	.724	.035	.022	.197	.232	.057
SPRING-----	1.178	.688	.036	.023	.207	.227	.056
SUMMER-----	1.179	.686	.030	.023	.215	.237	.040
FALL-----	1.265	.764	.036	.024	.200	.241	.060
WINTER-----	1.218	.756	.039	.019	.166	.224	.071
UNDER 1,000-----	.980	.601	.099	.030	.160	.185	.034
1,000-1,999-----	.900	.527	.070	.029	.164	.180	.029
2,000-2,999-----	1.076	.688	.068	.044	.141	.188	.059
3,000-3,999-----	1.069	.623	.042	.023	.148	.204	.094
4,000-4,999-----	1.078	.657	.043	.018	.174	.196	.051
5,000-5,999-----	1.103	.675	.037	.028	.166	.207	.055
6,000-6,999-----	1.169	.709	.031	.018	.208	.207	.045
7,000-7,999-----	1.375	.825	.037	.028	.202	.261	.086
8,000-8,999-----	1.321	.791	.026	.015	.227	.260	.043
9,000-9,999-----	1.335	.762	.032	.005	.242	.287	.044
10,000-14,999-----	1.372	.841	.010	.024	.218	.255	.058
15,000 AND OVER----	1.528	.806	.016	.005	.322	.340	.059
PERCENT OF HOUSEHOLDS USING IN A WEEK							
ALL HOUSEHOLDS							
SPRING-----	99.8	97.7	29.4	16.2	72.6	86.4	27.5
SUMMER-----	99.7	97.5	25.0	12.1	73.8	86.6	24.1
FALL-----	99.3	98.4	32.7	13.4	77.2	87.0	32.4
WINTER-----	99.4	98.7	32.5	11.6	70.4	86.3	31.7

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL (MILK EQUIV- ALENT) ‡	MILK (FRESH, PROCESSED)			CREAM, ICE CREAM	CHEESE	SOUP, MIX- TURES
		TOTAL (EQUIV- ALENT) ‡	COMMER- CIALLY CANNED	DRY			
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

ALL HOUSEHOLDS, YEAR-	4.334	3.247	.202	.048	.633	.442	.152
SPRING-----	4.253	3.174	.208	.052	.644	.451	.139
SUMMER-----	4.208	3.112	.177	.049	.702	.455	.108
FALL-----	4.546	3.377	.198	.047	.654	.450	.180
WINTER-----	4.327	3.320	.225	.045	.533	.411	.182
UNDER 1,000-----	3.647	2.782	.562	.036	.733	.334	.098
1,000-1,999-----	3.394	2.569	.410	.054	.568	.436	.116
2,000-2,999-----	3.927	3.067	.342	.134	.404	.425	.247
3,000-3,999-----	3.852	2.820	.252	.039	.440	.375	.228
4,000-4,999-----	3.973	2.920	.265	.033	.596	.379	.155
5,000-5,999-----	4.125	3.124	.242	.065	.542	.394	.159
6,000-6,999-----	4.134	3.100	.179	.029	.696	.385	.091
7,000-7,999-----	5.005	3.747	.223	.072	.670	.483	.221
8,000-8,999-----	4.751	3.556	.148	.026	.717	.483	.097
9,000-9,999-----	4.554	3.248	.170	.014	.750	.530	.117
10,000-14,999-----	4.790	3.661	.054	.057	.706	.464	.147
15,000 AND OVER----	4.558	3.337	.074	.007	.863	.630	.153

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	1.210	.712	.035	.021	.197	.239	.061
SPRING-----	1.183	.690	.036	.022	.202	.234	.057
SUMMER-----	1.175	.674	.030	.023	.215	.242	.044
FALL-----	1.275	.758	.034	.020	.205	.247	.066
WINTER-----	1.205	.726	.038	.018	.168	.235	.076
UNDER 1,000-----	1.045	.626	.103	.015	.190	.188	.040
1,000-1,999-----	.911	.524	.075	.027	.159	.195	.034
2,000-2,999-----	.990	.602	.059	.048	.128	.188	.072
3,000-3,999-----	1.072	.607	.044	.017	.141	.210	.114
4,000-4,999-----	1.068	.625	.042	.015	.172	.213	.058
5,000-5,999-----	1.080	.650	.040	.026	.161	.212	.057
6,000-6,999-----	1.162	.689	.032	.012	.213	.212	.048
7,000-7,999-----	1.365	.802	.039	.032	.205	.265	.093
8,000-8,999-----	1.333	.800	.024	.014	.225	.270	.038
9,000-9,999-----	1.346	.771	.030	.006	.243	.287	.045
10,000-14,999-----	1.367	.833	.009	.025	.219	.258	.057
15,000 AND OVER----	1.530	.793	.017	.004	.329	.349	.059

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	99.7	97.6	28.8	15.6	72.4	86.8	27.4
SUMMER-----	99.6	97.2	23.4	11.1	75.4	87.7	24.6
FALL-----	99.2	98.1	29.9	12.3	78.9	87.4	33.0
WINTER-----	99.3	98.5	31.6	11.6	71.3	87.3	31.3

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 13.--MILK, CREAM, CHEESE

WEST

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL (MILK EQUIV- ALENT) ‡	MILK (FRESH, PROCESSED)			CREAM, ICE CREAM	CHEESE	SOUP, MIX- TURES
		TOTAL (EQUIV- ALENT) ‡	COMMER- CIALLY CANNED	DRY			
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

ALL HOUSEHOLDS, YEAR-	4.536	3.666	.228	.088	.532	.374	.113
SPRING-----	4.019	3.014	.184	.067	.649	.390	.185
SUMMER-----	4.234	3.453	.140	.106	.424	.349	.042
FALL-----	4.731	3.737	.306	.094	.557	.448	.088
WINTER-----	5.133	4.449	.272	.084	.490	.302	.136
UNDER 3,000-----	4.449	3.678	.518	.142	.505	.301	.045
3,000-4,999-----	3.930	3.074	.233	.068	.502	.307	.074
5,000-6,999-----	4.502	3.752	.115	.114	.536	.343	.127
7,000-9,999-----	4.948	3.914	.168	.017	.548	.484	.193
10,000 AND OVER----	6.615	5.646	.023	.005	.376	.487	.253

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	1.164	.776	.039	.036	.168	.185	.035
SPRING-----	1.121	.652	.038	.039	.222	.190	.058
SUMMER-----	1.132	.763	.023	.031	.151	.206	.011
FALL-----	1.135	.736	.048	.045	.161	.210	.028
WINTER-----	1.269	.959	.046	.030	.136	.131	.043
UNDER 3,000-----	1.013	.717	.083	.048	.132	.146	.019
3,000-4,999-----	1.034	.686	.040	.038	.155	.169	.024
5,000-6,999-----	1.170	.805	.020	.047	.171	.153	.042
7,000-9,999-----	1.318	.863	.027	.010	.179	.230	.045
10,000 AND OVER----	1.472	1.050	.003	.003	.118	.222	.082

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	100.0	97.8	32.6	22.5	73.0	83.1	28.1
SUMMER-----	100.0	100.0	35.7	21.4	53.6	75.0	17.9
FALL-----	100.0	100.0	54.3	20.0	62.9	85.7	25.7
WINTER-----	100.0	100.0	40.0	13.3	60.0	76.7	33.3

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 13.--MILK, CREAM, CHEESE
ALL SOURCES

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL (MILK EQUIV- ALENT) ‡	MILK (FRESH, PROCESSED)			CREAM, ICE CREAM	CHEESE	SOUP, MIX- TURES
		TOTAL (EQUIV- ALENT) ‡	COMMER- CIALLY CANNED	DRY			
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

ALL HOUSEHOLDS, YEAR-	4.862	3.803	.227	.061	.773	.443	.113
SPRING-----	4.444	3.457	.164	.044	.753	.412	.091
SUMMER-----	4.381	3.141	.214	.023	.993	.440	.122
FALL-----	5.828	4.923	.230	.161	.591	.411	.114
WINTER-----	4.922	3.835	.330	.010	.707	.533	.131
UNDER 3,000-----	4.567	3.335	.211	.046	.790	.517	.073
3,000-4,999-----	4.983	4.234	.289	.098	.642	.259	.080
5,000-6,999-----	5.112	3.976	.158	.086	.738	.491	.078
7,000-9,999-----	4.596	3.518	.305	.013	.763	.436	.210
10,000 AND OVER----	4.876	3.686	.222	.050	.957	.566	.124

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	1.376	.836	.040	.022	.281	.220	.038
SPRING-----	1.243	.757	.030	.019	.266	.190	.030
SUMMER-----	1.394	.744	.040	.008	.377	.233	.040
FALL-----	1.470	1.008	.041	.054	.219	.207	.036
WINTER-----	1.412	.864	.053	.005	.240	.259	.050
UNDER 3,000-----	1.330	.744	.036	.016	.307	.258	.021
3,000-4,999-----	1.280	.861	.052	.030	.261	.132	.027
5,000-6,999-----	1.447	.896	.030	.032	.256	.264	.030
7,000-9,999-----	1.351	.790	.051	.006	.283	.211	.067
10,000 AND OVER----	1.447	.834	.038	.021	.318	.251	.043

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	99.3	98.6	35.9	15.5	77.5	85.2	27.5
SUMMER-----	100.0	98.0	35.3	9.8	90.2	92.2	27.5
FALL-----	100.0	100.0	30.4	21.7	82.6	82.6	41.3
WINTER-----	100.0	100.0	35.0	5.0	77.5	90.0	40.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 13.--MILK, CREAM, CHEESE
HOME-PRODUCED

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	TOTAL (MILK EQUIV- ALENT) ‡	MILK (FRESH, PROCESSED)			CREAM, ICE CREAM	CHEESE	SOUP, MIX- TURES
		TOTAL (EQUIV- ALENT) ‡	COMMER- CIALLY CANNED	DRY			
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

ALL HOUSEHOLDS, YEAR-	1.494	1.428	.000	.000	.076	.029	.000
SPRING-----	1.407	1.367	.000	.000	.084	.032	.000
SUMMER-----	1.107	.972	.000	.000	.052	.049	.000
FALL-----	2.001	1.975	.000	.000	.063	.014	.000
WINTER-----	1.541	1.491	.000	.000	.120	.015	.000
UNDER 3,000-----	1.506	1.481	.000	.000	.079	.000	.000
3,000-4,999-----	2.060	2.002	.000	.000	.150	.030	.000
5,000-6,999-----	1.447	1.279	.000	.000	.036	.080	.000
7,000-9,999-----	1.188	1.180	.000	.000	.028	.000	.000
10,000 AND OVER----	.960	.940	.000	.000	.055	.005	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.396	.337	.000	.000	.043	.016	.000
SPRING-----	.379	.324	.000	.000	.044	.011	.000
SUMMER-----	.294	.230	.000	.000	.030	.034	.000
FALL-----	.515	.471	.000	.000	.039	.005	.000
WINTER-----	.418	.346	.000	.000	.065	.007	.000
UNDER 3,000-----	.391	.345	.000	.000	.046	.000	.000
3,000-4,999-----	.562	.467	.000	.000	.086	.009	.000
5,000-6,999-----	.378	.308	.000	.000	.019	.050	.000
7,000-9,999-----	.298	.282	.000	.000	.016	.000	.000
10,000 AND OVER----	.254	.221	.000	.000	.031	.002	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	33.8	33.8	.0	.0	12.0	3.5	.0
SUMMER-----	23.5	21.6	.0	.0	7.8	3.9	.0
FALL-----	37.0	37.0	.0	.0	10.9	2.2	.0
WINTER-----	25.0	22.5	.0	.0	15.0	2.5	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

WEST

ALL ORGANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	MEAT, POULTRY, FISH									OTHER PROTEIN FOOD				
	TOTAL	BEEF	BACON, SALT PORK	OTHER PORK	LIVER	LUNCH MEAT, FRANK- FURTERS	OTHER MEAT ‡	POULTRY	FISH SHELL- FISH	TOTAL ‡	EGGS (FRESH EQUIV- ALENT) ‡	DRY LEGUMES (DRY WEIGHT)	NUTS (SHELLED WEIGHT), PEANUT BUTTER	SOUP, MIX- TURES
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

ALL HOUSEHOLDS, YEAR--	4.279	1.851	.207	.573	.048	.356	.168	.794	.283	**	.550	.129	.143	.136
SPRING-----	4.572	1.860	.244	.709	.053	.393	.172	.826	.315	**	.583	.138	.140	.142
SUMMER-----	4.223	1.824	.221	.548	.048	.388	.146	.708	.340	**	.516	.123	.112	.122
FALL-----	4.466	1.947	.192	.571	.047	.336	.202	.931	.239	**	.547	.122	.167	.141
WINTER-----	3.849	1.771	.170	.463	.043	.306	.151	.706	.238	**	.553	.132	.152	.138
UNDER 1,000-----	4.465	1.659	.258	.536	.063	.397	.190	1.135	.225	**	.643	.158	.115	.081
1,000-1,999-----	3.879	1.478	.220	.456	.047	.310	.173	.978	.218	**	.607	.222	.094	.109
2,000-2,999-----	4.560	1.411	.238	.589	.061	.392	.316	1.164	.389	**	.534	.204	.130	.076
3,000-3,999-----	3.879	1.611	.223	.468	.045	.346	.144	.738	.304	**	.562	.159	.121	.132
4,000-4,999-----	3.842	1.681	.187	.556	.034	.369	.104	.717	.195	**	.608	.171	.121	.090
5,000-5,999-----	4.130	1.700	.196	.612	.045	.387	.119	.847	.225	**	.556	.139	.137	.140
6,000-6,999-----	4.298	1.928	.205	.507	.043	.370	.141	.806	.298	**	.546	.115	.141	.161
7,000-7,999-----	4.554	2.032	.215	.587	.040	.393	.163	.744	.380	**	.544	.115	.167	.134
8,000-8,999-----	4.317	2.123	.206	.583	.032	.348	.162	.599	.264	**	.566	.109	.177	.146
9,000-9,999-----	4.378	2.030	.208	.618	.040	.384	.112	.692	.294	**	.520	.134	.144	.127
10,000-14,999-----	4.374	2.027	.191	.585	.074	.295	.202	.712	.289	**	.478	.072	.159	.148
15,000 AND OVER----	5.311	2.435	.260	.682	.056	.276	.337	.875	.390	**	.588	.076	.205	.129

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	2.900	1.372	.158	.426	.029	.246	.138	.323	.209	.488	.259	.040	.096	.058
SPRING-----	2.931	1.334	.156	.478	.032	.255	.120	.331	.223	.491	.254	.043	.094	.070
SUMMER-----	2.909	1.363	.171	.411	.029	.271	.124	.297	.242	.434	.228	.041	.076	.052
FALL-----	3.059	1.474	.156	.443	.028	.231	.164	.382	.182	.508	.267	.037	.118	.056
WINTER-----	2.698	1.312	.148	.373	.028	.226	.141	.281	.188	.521	.287	.041	.095	.056
UNDER 1,000-----	2.554	1.096	.178	.302	.044	.249	.125	.396	.162	.488	.284	.050	.081	.036
1,000-1,999-----	2.214	.957	.141	.276	.023	.202	.103	.379	.134	.484	.269	.055	.036	.051
2,000-2,999-----	2.697	.932	.175	.405	.027	.257	.209	.436	.256	.454	.252	.050	.039	.034
3,000-3,999-----	2.425	1.088	.164	.339	.027	.222	.107	.271	.206	.491	.248	.043	.075	.072
4,000-4,999-----	2.407	1.135	.138	.376	.022	.237	.081	.283	.134	.466	.267	.052	.075	.040
5,000-5,999-----	2.642	1.179	.149	.424	.026	.264	.097	.337	.166	.455	.258	.038	.084	.056
6,000-6,999-----	2.875	1.391	.158	.370	.026	.259	.123	.332	.215	.483	.253	.042	.102	.062
7,000-7,999-----	3.138	1.492	.166	.478	.026	.274	.148	.293	.262	.488	.261	.038	.101	.058
8,000-8,999-----	3.137	1.660	.157	.453	.022	.246	.135	.244	.221	.529	.279	.038	.119	.068
9,000-9,999-----	3.118	1.568	.167	.494	.030	.273	.092	.278	.216	.496	.249	.040	.107	.047
10,000-14,999-----	3.232	1.621	.154	.472	.047	.216	.174	.324	.223	.492	.242	.029	.105	.072
15,000 AND OVER----	4.434	2.290	.209	.584	.035	.219	.303	.449	.345	.643	.317	.039	.171	.060

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	99.3	94.2	65.8	67.2	13.0	71.3	20.8	60.2	63.1	99.6	97.3	42.9	59.2	33.3
SUMMER-----	99.9	96.4	63.0	60.6	14.3	76.2	23.4	59.3	68.4	98.6	96.6	36.5	64.9	26.5
FALL-----	99.3	94.7	59.2	59.0	10.4	72.9	26.6	64.1	60.9	99.7	99.0	37.8	69.4	34.4
WINTER-----	100.0	96.5	58.2	55.5	12.4	69.2	23.6	57.7	55.8	99.4	98.7	35.5	66.8	32.7

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

WEST

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	MEAT, POULTRY, FISH									OTHER PROTEIN FOOD				
	TOTAL	BEEF	BACON, SALT PORK	OTHER PORK	LIVER	LUNCH MEAT, FRANK- FURTERS	OTHER MEAT ‡	POULTRY	FISH SHELL- FISH	TOTAL ‡	EGGS (FRESH EQUIV- ALENT) ‡	DRY LEGUMES (DRY WEIGHT)	NUTS (SHELLED WEIGHT), PEANUT BUTTER	SOUP, MIX- TURES
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)														
ALL HOUSEHOLDS, YEAR-----	4.226	1.824	.198	.575	.052	.354	.168	.776	.279	**	.531	.121	.144	.144
SPRING-----	4.592	1.852	.239	.714	.058	.393	.185	.828	.323	**	.573	.128	.140	.137
SUMMER-----	4.168	1.789	.204	.549	.049	.376	.151	.706	.343	**	.501	.119	.112	.131
FALL-----	4.356	1.926	.186	.567	.053	.334	.169	.895	.226	**	.517	.105	.177	.153
WINTER-----	3.788	1.729	.163	.470	.048	.311	.167	.676	.224	**	.529	.133	.148	.153
UNDER 1,000-----	4.157	1.377	.256	.507	.075	.406	.158	1.125	.252	**	.658	.127	.126	.091
1,000-1,999-----	3.749	1.397	.194	.398	.059	.270	.153	1.051	.228	**	.559	.208	.103	.101
2,000-2,999-----	4.068	1.348	.217	.630	.084	.369	.318	.832	.270	**	.514	.206	.117	.098
3,000-3,999-----	3.746	1.512	.192	.454	.050	.334	.172	.743	.288	**	.522	.144	.134	.202
4,000-4,999-----	3.765	1.630	.168	.555	.044	.403	.073	.687	.203	**	.583	.162	.130	.164
5,000-5,999-----	4.067	1.645	.189	.629	.045	.389	.111	.835	.224	**	.529	.149	.139	.139
6,000-6,999-----	4.259	1.888	.209	.518	.043	.376	.139	.799	.286	**	.528	.118	.145	.175
7,000-7,999-----	4.468	2.017	.199	.567	.041	.364	.170	.727	.383	**	.538	.108	.152	.137
8,000-8,999-----	4.334	2.123	.195	.583	.036	.354	.177	.602	.263	**	.565	.101	.177	.161
9,000-9,999-----	4.366	2.030	.210	.594	.042	.389	.102	.706	.292	**	.513	.113	.149	.127
10,000-14,999-----	4.365	2.028	.190	.574	.077	.294	.193	.721	.288	**	.473	.066	.158	.155
15,000 AND OVER-----	5.282	2.331	.249	.694	.063	.284	.372	.885	.404	**	.559	.063	.211	.128
MONEY VALUE PER PERSON PER WEEK (DOLLARS)														
ALL HOUSEHOLDS, YEAR-----	2.913	1.378	.152	.434	.032	.246	.139	.320	.211	.486	.252	.038	.097	.052
SPRING-----	2.987	1.350	.154	.491	.036	.258	.129	.336	.233	.486	.252	.042	.093	.066
SUMMER-----	2.919	1.363	.160	.418	.031	.267	.133	.298	.250	.432	.223	.038	.075	.057
FALL-----	3.036	1.490	.150	.448	.031	.229	.138	.371	.179	.510	.258	.033	.126	.061
WINTER-----	2.707	1.307	.144	.381	.031	.231	.156	.274	.182	.518	.276	.041	.093	.062
UNDER 1,000-----	2.291	.850	.171	.276	.052	.258	.120	.382	.181	.502	.289	.042	.089	.039
1,000-1,999-----	2.162	.906	.137	.254	.029	.187	.096	.413	.141	.489	.253	.057	.073	.054
2,000-2,999-----	2.538	.915	.157	.457	.037	.250	.205	.326	.191	.453	.242	.048	.087	.043
3,000-3,999-----	2.366	1.034	.143	.332	.030	.214	.129	.277	.207	.493	.227	.040	.083	.079
4,000-4,999-----	2.363	1.121	.119	.372	.029	.252	.057	.274	.139	.468	.255	.048	.078	.046
5,000-5,999-----	2.626	1.157	.144	.438	.027	.266	.090	.332	.171	.444	.245	.040	.085	.056
6,000-6,999-----	2.870	1.372	.163	.380	.025	.264	.116	.336	.214	.489	.245	.044	.104	.067
7,000-7,999-----	3.114	1.508	.151	.470	.027	.253	.156	.281	.266	.475	.262	.033	.091	.055
8,000-8,999-----	3.209	1.692	.151	.463	.025	.256	.147	.247	.227	.535	.281	.035	.118	.075
9,000-9,999-----	3.124	1.580	.169	.480	.031	.278	.090	.277	.218	.490	.247	.030	.110	.046
10,000-14,999-----	3.236	1.625	.153	.468	.049	.217	.169	.329	.226	.493	.241	.027	.105	.076
15,000 AND OVER-----	4.511	2.293	.205	.608	.039	.225	.335	.450	.355	.642	.311	.036	.177	.058
PERCENT OF HOUSEHOLDS USING IN A WEEK														
ALL HOUSEHOLDS														
SPRING-----	99.3	94.4	65.1	67.3	14.1	70.4	21.7	59.5	64.3	99.6	97.1	42.1	58.3	33.4
SUMMER-----	100.0	96.0	61.1	61.5	14.7	75.4	24.2	57.5	70.2	98.4	96.4	36.5	65.5	28.6
FALL-----	99.6	94.6	59.8	59.8	11.5	72.8	25.3	64.0	62.1	99.6	98.9	35.6	70.9	37.5
WINTER-----	100.0	96.4	57.5	56.0	13.5	70.5	25.8	55.6	54.9	99.3	98.5	34.2	66.2	33.8

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

WEST

RURAL HOME ARMY

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	MEAT, POULTRY, FISH									OTHER PROTEIN FOOD				
	TOTAL	BEEF	BACON, SALT PORK	OTHER PORK	LIVER	LUNCH MEAT, FRANK- FURTERS	OTHER MEAT ‡	POULTRY	FISH SHELL- FISH	TOTAL ‡	EGGS (FRESH EQUIV- ALENT) ‡	DRY LEGUMES (DRY WEIGHT)	NUTS (SHELLED WEIGHT), PEANUT BUTTER	SOUP, MIX- TURES
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

ALL HOUSEHOLDS, YEAR-	4.390	1.782	.254	.525	.016	.386	.172	.925	.330	**	.649	.185	.135	.095
SPRING-----	4.134	1.664	.263	.634	.009	.379	.092	.813	.280	**	.593	.206	.142	.193
SUMMER-----	4.252	1.676	.332	.485	.041	.510	.105	.730	.372	**	.595	.155	.108	.074
FALL-----	4.989	1.863	.227	.573	.006	.372	.427	1.196	.325	**	.698	.243	.111	.075
WINTER-----	4.127	1.912	.201	.401	.009	.288	.038	.931	.346	**	.706	.132	.179	.039
UNDER 3,000-----	5.104	1.506	.305	.508	.003	.455	.314	1.547	.467	**	.639	.258	.121	.042
3,000-4,999-----	3.966	1.718	.287	.466	.001	.316	.123	.792	.263	**	.708	.224	.073	.078
5,000-6,999-----	4.455	1.973	.206	.447	.040	.385	.172	.929	.302	**	.691	.082	.116	.120
7,000-9,999-----	4.753	1.977	.301	.755	.018	.500	.115	.739	.348	**	.580	.212	.246	.077
10,000 AND OVER---	3.891	1.656	.174	.808	.027	.209	.233	.429	.354	**	.511	.244	.206	.101

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	2.624	1.133	.187	.356	.007	.255	.130	.350	.205	.502	.299	.053	.089	.041
SPRING-----	2.389	1.069	.159	.380	.003	.237	.063	.304	.175	.512	.253	.045	.098	.100
SUMMER-----	2.519	1.045	.242	.331	.016	.327	.050	.291	.218	.459	.261	.060	.078	.025
FALL-----	3.060	1.186	.194	.405	.004	.256	.344	.470	.202	.492	.319	.067	.075	.023
WINTER-----	2.484	1.225	.156	.303	.006	.204	.041	.320	.229	.543	.357	.041	.104	.016
UNDER 3,000-----	2.650	.892	.198	.277	.001	.267	.180	.555	.280	.451	.287	.059	.070	.020
3,000-4,999-----	2.391	1.073	.221	.334	*	.220	.094	.292	.157	.476	.324	.063	.048	.035
5,000-6,999-----	2.723	1.277	.155	.313	.018	.262	.169	.353	.176	.496	.334	.025	.077	.046
7,000-9,999-----	2.999	1.264	.236	.528	.009	.328	.078	.328	.226	.550	.256	.074	.162	.043
10,000 AND OVER---	2.726	1.234	.113	.585	.008	.151	.186	.195	.255	.517	.219	.087	.124	.047

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	98.9	92.1	70.8	65.1	3.4	77.5	13.5	65.2	52.8	98.9	98.9	46.1	66.3	33.7
SUMMER-----	100.0	100.0	78.6	53.6	10.7	82.1	17.9	71.4	53.6	100.0	96.4	35.7	60.7	10.7
FALL-----	97.1	94.3	54.3	51.4	2.9	77.1	34.3	65.7	51.4	100.0	100.0	54.3	57.1	14.3
WINTER-----	100.0	96.7	63.3	50.0	3.3	60.0	6.7	76.7	66.7	100.0	100.0	46.7	70.0	23.3

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD ALL SOURCES

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	MEAT, POULTRY, FISH									OTHER PROTEIN FOOD				
	TOTAL	BEEF	BACON, SALT PORK	OTHER PORK	LIVER	LUNCH MEAT, FRANK- FURTERS	OTHER MEAT *	POULTRY	FISH SHELL- FISH	TOTAL *	EGGS (FRESH EQUIV- ALENT) *	DRY LEGUMES (DRY WEIGHT)	NUTS (SHELLED WEIGHT), PEANUT BUTTER	SOUP, MIX- TURES
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

ALL HOUSEHOLDS, YEAR-	5.183	2.704	.262	.690	.046	.312	.152	.784	.234	**	.694	.128	.130	.079
SPRING-----	5.399	2.603	.298	.826	.062	.421	.122	.826	.241	**	.757	.169	.136	.111
SUMMER-----	5.258	2.900	.266	.697	.043	.311	.155	.690	.196	**	.624	.127	.116	.063
FALL-----	5.321	2.743	.215	.673	.040	.270	.219	.901	.261	**	.692	.106	.123	.069
WINTER-----	4.586	2.496	.267	.511	.036	.214	.103	.714	.245	**	.715	.164	.153	.074
UNDER 3,000-----	6.178	3.403	.235	.881	.019	.329	.149	.892	.271	**	.732	.128	.091	.037
3,000-4,999-----	5.087	2.585	.257	.841	.060	.348	.126	.663	.207	**	.669	.142	.139	.036
5,000-6,999-----	4.716	2.442	.230	.623	.065	.261	.122	.775	.198	**	.693	.108	.126	.110
7,000-9,999-----	4.630	2.469	.260	.582	.020	.319	.102	.617	.260	**	.628	.195	.128	.119
10,000 AND OVER----	5.633	3.058	.305	.574	.039	.336	.234	.861	.226	**	.747	.082	.117	.048

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	3.476	1.973	.204	.457	.025	.210	.123	.316	.168	.491	.298	.043	.074	.032
SPRING-----	3.287	1.771	.187	.487	.028	.257	.093	.308	.156	.527	.308	.048	.101	.050
SUMMER-----	3.689	2.169	.220	.490	.030	.224	.127	.286	.145	.419	.244	.049	.037	.022
FALL-----	3.596	2.077	.175	.433	.022	.181	.170	.359	.181	.497	.298	.035	.042	.023
WINTER-----	3.259	1.826	.243	.395	.020	.158	.099	.316	.202	.542	.363	.035	.113	.029
UNDER 3,000-----	4.367	2.737	.185	.531	.011	.212	.155	.344	.192	.480	.316	.043	.063	.037
3,000-4,999-----	3.314	1.834	.184	.547	.035	.228	.096	.245	.145	.444	.273	.043	.087	.014
5,000-6,999-----	3.032	1.730	.173	.394	.036	.171	.090	.299	.139	.475	.285	.035	.087	.041
7,000-9,999-----	3.057	1.730	.191	.417	.011	.215	.084	.248	.162	.501	.264	.065	.105	.050
10,000 AND OVER----	3.945	2.265	.263	.393	.021	.235	.175	.414	.179	.535	.356	.033	.093	.024

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	98.6	93.0	71.1	71.1	12.7	76.8	18.3	64.1	59.9	100.0	98.6	56.3	63.4	30.3
SUMMER-----	98.0	96.1	66.7	56.9	13.7	80.4	19.6	68.6	62.7	100.0	100.0	39.2	62.7	17.6
FALL-----	100.0	97.8	63.0	65.2	6.5	58.7	34.8	60.9	63.0	100.0	97.8	37.0	73.9	21.7
WINTER-----	100.0	100.0	65.0	60.0	10.0	57.5	12.5	57.5	47.5	100.0	100.0	40.0	77.5	27.5

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

HOME-PRODUCED

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	MEAT, POULTRY, FISH									OTHER PROTEIN FOOD				
	TOTAL	BEEF	BACON, SALT PORK	OTHER PORK	LIVER	LUNCH MEAT, FRANK- FURTERS	OTHER MEAT ‡	POULTRY	FISH SHELL- FISH	TOTAL ‡	EGGS (FRESH EQUIV- ALENT) ‡	DRY LEGUMES (DRY WEIGHT)	NUTS (SHELLED WEIGHT), PEANUT BUTTER	SOUP, MIX- TURES
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

ALL HOUSEHOLDS, YEAR-	2.427	1.754	.049	.204	.026	.007	.112	.215	.060	**	.229	.003	.074	.001
SPRING-----	2.463	1.675	.038	.304	.023	.002	.081	.267	.073	**	.385	.007	.004	.002
SUMMER-----	2.215	1.753	.032	.096	.028	.000	.099	.177	.030	**	.148	.000	.000	.000
FALL-----	2.733	1.954	.056	.227	.023	.000	.168	.220	.085	**	.238	.000	.073	.000
WINTER-----	2.300	1.603	.083	.199	.032	.032	.103	.192	.057	**	.116	.003	.011	.000
UNDER 3,000-----	3.912	2.943	.001	.304	.009	.018	.149	.445	.043	**	.290	.015	.007	.000
3,000-4,999-----	2.505	1.712	.055	.276	.058	.002	.118	.257	.027	**	.302	.000	*	.002
5,000-6,999-----	1.476	1.136	.046	.071	.016	.000	.055	.141	.012	**	.195	.002	.006	.000
7,000-9,999-----	2.160	1.564	.053	.196	.015	.000	.042	.165	.124	**	.205	.000	.000	.000
10,000 AND OVER----	2.822	2.154	.041	.227	.017	.000	.181	.121	.080	**	.190	.000	.006	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	1.751	1.336	.038	.134	.015	.006	.091	.086	.044	.097	.091	.031	.005	*
SPRING-----	1.585	1.190	.022	.167	.012	.001	.059	.098	.034	.162	.154	.001	.005	.001
SUMMER-----	1.682	1.383	.022	.065	.017	.000	.083	.084	.028	.050	.050	.000	.000	.000
FALL-----	2.060	1.565	.043	.163	.014	.000	.128	.085	.063	.104	.100	.000	.013	.000
WINTER-----	1.684	1.173	.076	.156	.018	.031	.099	.076	.056	.066	.053	.001	.012	.000
UNDER 3,000-----	3.036	2.486	.001	.174	.003	.014	.155	.168	.036	.130	.119	.003	.006	.000
3,000-4,999-----	1.712	1.255	.040	.177	.034	.001	.089	.097	.019	.117	.116	.000	*	.001
5,000-6,999-----	1.057	.854	.029	.058	.010	.000	.042	.058	.005	.087	.079	*	.006	.000
7,000-9,999-----	1.482	1.140	.041	.135	.009	.000	.033	.061	.064	.085	.085	.000	.000	.000
10,000 AND OVER----	2.116	1.649	.037	.149	.010	.000	.129	.068	.073	.084	.075	.000	.009	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	62.0	49.3	8.5	17.6	6.3	.7	10.6	18.3	6.3	44.4	41.5	2.1	4.2	.7
SUMMER-----	54.9	49.0	5.9	3.9	3.9	.0	9.8	15.7	3.9	29.4	29.4	.0	.0	.0
FALL-----	73.9	67.4	10.9	17.4	4.3	.0	21.7	21.7	15.2	39.1	34.8	.0	4.3	.0
WINTER-----	60.0	57.5	17.5	17.5	7.5	5.0	12.5	10.0	7.5	25.0	12.5	2.5	12.5	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL VEGETABLES						POTATOES †					
	TOTAL ‡	CANNED		FROZEN		DRIED	TOTAL (FRESH EQUIV- ALENT) ‡	CANNED		FROZEN		DRIED
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	5.597	1.257	.074	.263	.031	.021	1.762	.008	.000	.042	.000	.015
SPRING-----	5.327	1.208	.078	.288	.029	.025	1.678	.007	.000	.045	.000	.018
SUMMER-----	5.854	1.115	.030	.241	.028	.026	1.798	.010	.000	.054	.000	.016
FALL-----	5.872	1.278	.094	.254	.040	.022	1.859	.005	.000	.019	.000	.017
WINTER-----	5.322	1.427	.096	.275	.027	.014	1.710	.011	.000	.048	.000	.009
UNDER 1,000-----	6.487	1.270	.203	.260	.029	.012	1.771	.017	.000	.006	.000	.011
1,000-1,999-----	5.552	1.283	.108	.151	.026	.022	1.669	.012	.000	.026	.000	.009
2,000-2,999-----	5.810	1.270	.096	.194	.023	.020	1.666	.000	.000	.017	.000	.010
3,000-3,999-----	5.335	1.269	.065	.243	.019	.023	1.792	.007	.000	.045	.000	.016
4,000-4,999-----	5.647	1.254	.136	.157	.025	.020	1.935	.008	.000	.027	.000	.016
5,000-5,999-----	5.237	1.273	.056	.198	.023	.020	1.684	.007	.000	.026	.000	.013
6,000-6,999-----	5.770	1.249	.091	.261	.069	.021	1.837	.006	.000	.027	.000	.016
7,000-7,999-----	5.917	1.420	.082	.317	.019	.023	1.868	.001	.000	.056	.000	.017
8,000-8,999-----	5.640	1.172	.122	.273	.023	.017	1.808	.006	.000	.044	.000	.012
9,000-9,999-----	5.480	1.173	.040	.255	.031	.023	1.788	.010	.000	.040	.000	.018
10,000-14,999-----	5.541	1.205	.035	.348	.043	.021	1.666	.008	.000	.063	.000	.014
15,000 AND OVER----	6.226	1.232	.030	.553	.015	.034	1.741	.021	.000	.100	.000	.028

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	1.086	.282	.019	.095	.010	.022	.183	.002	.000	.012	.000	.011
SPRING-----	1.128	.275	.020	.102	.009	.024	.207	.001	.000	.014	.000	.012
SUMMER-----	1.102	.244	.008	.087	.009	.027	.211	.002	.000	.018	.000	.013
FALL-----	1.082	.281	.024	.092	.013	.021	.167	.001	.000	.006	.000	.012
WINTER-----	1.032	.329	.023	.100	.010	.014	.146	.003	.000	.012	.000	.007
UNDER 1,000-----	1.203	.290	.051	.104	.010	.012	.164	.002	.000	.001	.000	.008
1,000-1,999-----	.990	.283	.026	.052	.009	.030	.143	.003	.000	.008	.000	.005
2,000-2,999-----	1.028	.261	.023	.060	.009	.022	.165	.000	.000	.004	.000	.007
3,000-3,999-----	.952	.275	.015	.083	.006	.020	.156	.003	.000	.011	.000	.010
4,000-4,999-----	.987	.262	.033	.056	.008	.017	.185	.001	.000	.009	.000	.012
5,000-5,999-----	.962	.285	.013	.064	.008	.020	.159	.001	.000	.008	.000	.009
6,000-6,999-----	1.079	.280	.023	.092	.021	.018	.188	.001	.000	.009	.000	.011
7,000-7,999-----	1.204	.325	.021	.113	.006	.022	.210	*	.000	.016	.000	.012
8,000-8,999-----	1.140	.280	.032	.102	.008	.018	.201	.002	.000	.012	.000	.009
9,000-9,999-----	1.159	.262	.013	.087	.012	.024	.209	.002	.000	.011	.000	.015
10,000-14,999-----	1.163	.277	.009	.136	.013	.024	.193	.002	.000	.019	.000	.011
15,000 AND OVER----	1.496	.318	.010	.222	.005	.034	.223	.003	.000	.034	.000	.024

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	99.7	91.3	9.0	47.2	4.0	19.6	88.2	1.9	.0	11.3	.0	8.3
SUMMER-----	99.7	90.4	5.9	49.5	2.8	23.4	91.0	2.1	.0	13.3	.0	10.3
FALL-----	99.7	94.6	10.7	48.4	5.2	21.7	90.8	2.0	.0	6.9	.0	7.8
WINTER-----	100.0	92.2	11.4	50.0	5.0	18.7	92.4	3.3	.0	11.9	.0	7.1

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

WEST

ALL ORGANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	DARK GREEN ‡					DEEP YELLOW ‡					TOMATOES ‡		
	TOTAL ‡ (14)	CANNED		FROZEN		TOTAL ‡ (19)	CANNED		FROZEN		TOTAL ‡ (24)	CANNED	
		COMMER- CIAL (15)	HOME (16)	COMMER- CIAL (17)	HOME (18)		COMMER- CIAL (20)	HOME (21)	COMMER- CIAL (22)	HOME (23)		COMMER- CIAL (25)	HOME (26)
QUANTITY PER PERSON PER WEEK (POUNDS)													
ALL HOUSEHOLDS, YEAR-	.188	.033	*	.039	.002	.363	.047	.002	.009	.001	.872	.454	.022
SPRING-----	.190	.035	*	.043	.003	.316	.041	.002	.011	.001	.766	.435	.020
SUMMER-----	.204	.028	.000	.034	.001	.234	.033	*	.007	.000	1.002	.427	.006
FALL-----	.210	.037	.000	.041	.005	.506	.066	.005	.011	.002	.956	.475	.021
WINTER-----	.148	.034	.001	.040	.001	.391	.046	.000	.005	.000	.760	.478	.041
UNDER 1,000-----	.254	.029	.000	.056	.001	.347	.034	.000	.006	.000	.876	.379	.069
1,000-1,999-----	.219	.071	.000	.025	.003	.437	.035	.000	.002	.000	.655	.362	.020
2,000-2,999-----	.180	.034	.000	.021	*	.606	.034	.003	.024	.000	.733	.416	.022
3,000-3,999-----	.181	.032	.003	.044	.000	.451	.069	.000	.006	.001	.839	.430	.028
4,000-4,999-----	.252	.013	*	.032	*	.293	.020	.004	.008	.002	.836	.429	.061
5,000-5,999-----	.194	.028	.000	.036	.005	.338	.067	*	.001	.002	.822	.441	.015
6,000-6,999-----	.163	.039	.001	.041	.006	.409	.062	.000	.012	.000	.892	.447	.031
7,000-7,999-----	.182	.040	.000	.036	.002	.333	.045	.011	.011	*	.973	.516	.029
8,000-8,999-----	.162	.035	.001	.050	*	.316	.044	.000	.003	*	.826	.423	.013
9,000-9,999-----	.236	.031	.000	.046	.009	.304	.049	.002	.007	.000	.916	.436	*
10,000-14,999-----	.153	.044	.000	.036	.001	.355	.030	.000	.019	.001	.985	.515	.016
15,000 AND OVER----	.217	.036	.000	.078	.001	.308	.035	.000	.003	.000	1.036	.603	.000
MONEY VALUE PER PERSON PER WEEK (DOLLARS)													
ALL HOUSEHOLDS, YEAR-	.055	.008	*	.015	.001	.058	.012	*	.003	*	.196	.089	.004
SPRING-----	.059	.008	*	.016	.001	.053	.011	*	.003	*	.184	.085	.004
SUMMER-----	.055	.008	.000	.011	*	.038	.008	*	.002	.000	.202	.081	.001
FALL-----	.059	.008	.000	.016	.002	.078	.017	.001	.004	.001	.220	.091	.004
WINTER-----	.049	.009	.001	.015	.001	.061	.011	.000	.002	.000	.178	.099	.006
UNDER 1,000-----	.070	.005	.000	.023	*	.056	.011	.000	.001	.000	.196	.073	.013
1,000-1,999-----	.094	.016	.000	.009	.001	.059	.008	.000	*	.000	.149	.069	.005
2,000-2,999-----	.054	.007	.000	.008	*	.094	.008	.001	.007	.000	.160	.077	.004
3,000-3,999-----	.055	.008	.002	.016	.000	.069	.017	.000	.001	*	.178	.083	.005
4,000-4,999-----	.057	.003	*	.013	*	.049	.006	.001	.002	.001	.174	.082	.011
5,000-5,999-----	.048	.007	.000	.011	.002	.054	.015	*	*	*	.175	.086	.002
6,000-6,999-----	.049	.010	*	.015	.001	.068	.017	.000	.004	.000	.193	.085	.005
7,000-7,999-----	.049	.008	.000	.013	.001	.054	.011	.002	.004	*	.237	.112	.006
8,000-8,999-----	.045	.010	.001	.020	*	.051	.011	.000	.001	*	.184	.085	.003
9,000-9,999-----	.079	.007	.000	.017	.004	.048	.013	*	.002	.000	.224	.081	*
10,000-14,999-----	.051	.010	.000	.013	*	.057	.007	.000	.007	*	.229	.102	.001
15,000 AND OVER----	.091	.021	.000	.033	*	.051	.011	.000	.001	.000	.260	.121	.000
PERCENT OF HOUSEHOLDS USING IN A WEEK													
ALL HOUSEHOLDS													
SPRING-----	47.4	10.6	.1	13.6	.7	60.7	10.2	.2	3.4	.2	86.6	72.0	2.6
SUMMER-----	51.4	9.5	.0	12.9	.3	53.6	9.4	.1	3.5	.0	93.0	73.0	1.9
FALL-----	55.2	10.7	.0	15.5	1.6	67.2	14.9	.4	3.7	.5	93.1	76.7	2.6
WINTER-----	43.5	11.5	.6	14.0	1.0	61.2	10.4	.0	2.2	.0	85.0	73.5	4.2

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

WEST

ALL ORGANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER †						SOUP, MIXTURES					
	TOTAL ‡ (27)	CANNED		FROZEN		DRIED (32)	TOTAL ‡ (33)	CANNED		FROZEN		DRIED (38)
		COMMER- CIAL (28)	HOME (29)	COMMER- CIAL (30)	HOME (31)			COMMER- CIAL (34)	HOME (35)	COMMER- CIAL (36)	HOME (37)	
QUANTITY PER PERSON PER WEEK (POUNDS)												
ALL HOUSEHOLDS, YEAR-	2.611	.601	.051	.169	.026	.001	.126	.113	.000	.005	*	.003
SPRING-----	2.584	.580	.056	.179	.022	.001	.126	.109	.000	.009	*	.004
SUMMER-----	2.898	.509	.024	.142	.025	.002	.120	.108	.000	.003	.000	.003
FALL-----	2.556	.590	.069	.177	.030	.001	.112	.104	.000	.003	.000	.003
WINTER-----	2.403	.726	.054	.177	.026	*	.145	.132	.000	.005	.000	.003
UNDER 1,000-----	3.216	.600	.135	.188	.028	.001	.215	.210	.000	.005	.000	.000
1,000-1,999-----	2.605	.705	.088	.098	.023	.001	.101	.098	.000	.000	.000	*
2,000-2,999-----	2.727	.709	.070	.132	.022	.002	.089	.076	.000	.000	.000	.003
3,000-3,999-----	2.207	.639	.033	.145	.018	.004	.102	.092	.000	.002	*	.002
4,000-4,999-----	2.525	.687	.070	.090	.022	*	.112	.097	.000	*	.000	.003
5,000-5,999-----	2.361	.615	.041	.128	.016	.001	.131	.115	.000	.007	.000	.005
6,000-6,999-----	2.659	.569	.060	.179	.052	.001	.130	.127	.000	.003	.000	.001
7,000-7,999-----	2.836	.677	.042	.207	.017	.001	.156	.141	.000	.008	.000	.004
8,000-8,999-----	2.720	.502	.107	.176	.022	*	.180	.161	.000	.000	.000	.004
9,000-9,999-----	2.499	.520	.038	.152	.021	.001	.142	.126	.000	.009	.000	.004
10,000-14,999-----	2.675	.515	.029	.223	.036	*	.103	.094	.000	.006	.000	.003
15,000 AND OVER----	3.244	.462	.030	.365	.014	.005	.083	.075	.000	.006	.000	.001
MONEY VALUE PER PERSON PER WEEK (DOLLARS)												
ALL HOUSEHOLDS, YEAR-	.552	.141	.014	.062	.009	.002	.041	.031	.000	.003	*	.004
SPRING-----	.580	.138	.015	.064	.007	.002	.044	.031	.000	.005	*	.005
SUMMER-----	.552	.116	.006	.053	.009	.003	.044	.030	.000	.002	.000	.004
FALL-----	.522	.136	.019	.064	.010	.002	.034	.028	.000	.001	.000	.004
WINTER-----	.553	.173	.016	.069	.009	.001	.045	.035	.000	.003	.000	.005
UNDER 1,000-----	.653	.139	.038	.076	.010	.001	.063	.060	.000	.003	.000	.000
1,000-1,999-----	.518	.161	.021	.034	.008	.003	.027	.025	.000	.000	.000	.001
2,000-2,999-----	.522	.148	.019	.041	.009	.002	.032	.020	.000	.000	.000	.005
3,000-3,999-----	.461	.141	.009	.052	.006	.003	.034	.024	.000	.002	*	.002
4,000-4,999-----	.480	.142	.021	.032	.007	*	.043	.028	.000	*	.000	.004
5,000-5,999-----	.482	.143	.010	.042	.006	.002	.043	.032	.000	.003	.000	.005
6,000-6,999-----	.544	.133	.018	.061	.017	.002	.038	.033	.000	.003	.000	.002
7,000-7,999-----	.604	.155	.012	.076	.005	.002	.049	.039	.000	.004	.000	.005
8,000-8,999-----	.593	.128	.029	.069	.007	*	.065	.045	.000	.000	.000	.008
9,000-9,999-----	.550	.125	.013	.054	.008	.001	.046	.035	.000	.003	.000	.006
10,000-14,999-----	.597	.132	.008	.092	.012	.001	.034	.024	.000	.005	.000	.005
15,000 AND OVER----	.840	.141	.010	.149	.004	.008	.030	.022	.000	.006	.000	.002
PERCENT OF HOUSEHOLDS USING IN A WEEK												
ALL HOUSEHOLDS												
SPRING-----	98.4	71.2	7.4	38.1	3.5	4.9	32.8	26.9	.0	1.9	*	5.5
SUMMER-----	98.6	66.2	4.7	37.6	2.4	7.5	35.1	30.6	.0	1.8	.0	4.9
FALL-----	99.0	72.4	9.8	41.5	4.2	6.0	31.8	27.7	.0	1.0	.0	6.0
WINTER-----	98.7	72.8	10.0	38.0	4.1	4.0	38.8	31.5	.0	1.6	.0	7.3

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL VEGETABLES						POTATOES †					
	TOTAL ‡	CANNED		FROZEN		DRIED	TOTAL (FRESH EQUIV- ALENT) ‡	CANNED		FROZEN		DRIED
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
QUANTITY PER PERSON PER WEEK (POUNDS)												
ALL HOUSEHOLDS, YEAR-	5.492	1.247	.041	.277	.021	.021	1.679	.008	.000	.043	.000	.014
SPRING-----	5.332	1.215	.047	.309	.018	.027	1.615	.007	.000	.048	.000	.018
SUMMER-----	5.714	1.092	.016	.248	.018	.024	1.723	.009	.000	.054	.000	.014
FALL-----	5.770	1.285	.051	.278	.028	.020	1.728	.006	.000	.023	.000	.015
WINTER-----	5.144	1.394	.049	.278	.021	.014	1.648	.010	.000	.046	.000	.009
UNDER 1,000-----	6.366	1.337	.046	.307	.007	.013	1.740	.020	.000	.007	.000	.012
1,000-1,999-----	5.496	1.331	.038	.175	.018	.028	1.472	.016	.000	.026	.000	.012
2,000-2,999-----	5.526	1.013	.015	.223	.004	.021	1.581	.000	.000	.024	.000	.009
3,000-3,999-----	5.140	1.237	.016	.284	.011	.028	1.673	.000	.000	.051	.000	.019
4,000-4,999-----	5.355	1.289	.060	.172	.006	.023	1.755	.010	.000	.023	.000	.018
5,000-5,999-----	5.194	1.296	.030	.203	.018	.019	1.612	.008	.000	.024	.000	.011
6,000-6,999-----	5.684	1.243	.037	.277	.046	.014	1.757	.007	.000	.029	.000	.009
7,000-7,999-----	5.680	1.319	.056	.344	.014	.025	1.732	.001	.000	.059	.000	.018
8,000-8,999-----	5.622	1.174	.127	.282	.013	.019	1.803	.007	.000	.049	.000	.014
9,000-9,999-----	5.416	1.192	.035	.253	.031	.022	1.753	.010	.000	.042	.000	.017
10,000-14,999-----	5.496	1.214	.026	.341	.042	.021	1.645	.008	.000	.064	.000	.014
15,000 AND OVER----	6.157	1.258	.024	.520	.009	.035	1.672	.016	.000	.096	.000	.028
MONEY VALUE PER PERSON PER WEEK (DOLLARS)												
ALL HOUSEHOLDS, YEAR-	1.083	.283	.011	.101	.007	.022	.179	.002	.000	.013	.000	.010
SPRING-----	1.139	.277	.013	.110	.006	.026	.202	.001	.000	.014	.000	.013
SUMMER-----	1.093	.242	.005	.091	.006	.027	.207	.002	.000	.018	.000	.011
FALL-----	1.084	.287	.013	.101	.009	.021	.164	.001	.000	.007	.000	.010
WINTER-----	1.016	.326	.013	.104	.008	.015	.143	.002	.000	.012	.000	.007
UNDER 1,000-----	1.173	.300	.009	.123	.003	.013	.163	.003	.000	.002	.000	.008
1,000-1,999-----	1.012	.296	.011	.060	.006	.038	.137	.004	.000	.008	.000	.007
2,000-2,999-----	.961	.210	.004	.071	.001	.026	.159	.000	.000	.006	.000	.005
3,000-3,999-----	.930	.266	.005	.098	.004	.024	.146	.000	.000	.013	.000	.013
4,000-4,999-----	.973	.273	.015	.061	.002	.021	.176	.002	.000	.008	.000	.013
5,000-5,999-----	.962	.290	.007	.066	.007	.020	.153	.002	.000	.007	.000	.008
6,000-6,999-----	1.064	.280	.010	.098	.015	.014	.184	.001	.000	.010	.000	.006
7,000-7,999-----	1.177	.313	.016	.122	.004	.023	.198	*	.000	.017	.000	.013
8,000-8,999-----	1.149	.284	.033	.105	.004	.020	.203	.002	.000	.013	.000	.011
9,000-9,999-----	1.148	.267	.012	.087	.012	.024	.207	.002	.000	.012	.000	.015
10,000-14,999-----	1.165	.281	.007	.134	.013	.024	.195	.002	.000	.019	.000	.011
15,000 AND OVER----	1.514	.323	.008	.226	.003	.033	.223	.002	.000	.034	.000	.023
PERCENT OF HOUSEHOLDS USING IN A WEEK												
ALL HOUSEHOLDS												
SPRING-----	99.6	91.2	6.4	49.7	2.4	20.6	87.1	1.9	.0	11.8	.0	8.7
SUMMER-----	99.6	90.1	4.0	51.6	1.6	23.8	90.1	2.0	.0	13.5	.0	9.1
FALL-----	99.6	95.0	6.5	52.1	4.6	23.0	89.7	2.3	.0	7.7	.0	7.7
WINTER-----	100.0	92.7	8.0	50.9	3.6	18.2	92.0	3.3	.0	12.0	.0	6.5

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

WEST

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	DARK GREEN ‡					DEEP YELLOW ‡					TOMATOES ‡		
	TOTAL ‡ (14)	CANNED		FROZEN		TOTAL ‡ (19)	CANNED		FROZEN		TOTAL ‡ (24)	CANNED	
		COMMER- CIAL (15)	HOME (16)	COMMER- CIAL (17)	HOME (18)		COMMER- CIAL (20)	HOME (21)	COMMER- CIAL (22)	HOME (23)		COMMER- CIAL (25)	HOME (26)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.189	.034	*	.042	.002	.358	.049	*	.009	*	.860	.457	.039
SPRING-----	.202	.036	.000	.046	.002	.326	.041	.001	.012	.001	.788	.445	.014
SUMMER-----	.183	.027	.000	.036	.001	.242	.035	.000	.008	.000	.968	.427	.003
FALL-----	.224	.042	.000	.045	.004	.505	.070	.000	.011	.001	.935	.471	.035
WINTER-----	.146	.030	*	.042	.002	.358	.049	.000	.005	.000	.749	.484	.013
UNDER 1,000-----	.287	.035	.000	.067	.000	.360	.026	.000	.007	.000	.880	.384	.029
1,000-1,999-----	.234	.087	.000	.032	.000	.505	.044	.000	.003	.000	.674	.373	.039
2,000-2,999-----	.222	.042	.000	.026	.000	.563	.032	.000	.028	.000	.713	.367	.000
3,000-3,999-----	.203	.032	.000	.054	.000	.474	.079	.000	.006	.000	.785	.429	.000
4,000-4,999-----	.175	.013	.000	.030	.000	.280	.025	.003	.010	.000	.788	.467	.034
5,000-5,999-----	.217	.031	.000	.038	.005	.333	.065	.000	.001	.002	.828	.457	.003
6,000-6,999-----	.161	.038	.000	.042	.002	.415	.062	.000	.014	.000	.882	.447	.013
7,000-7,999-----	.180	.031	.000	.038	.002	.330	.050	.000	.012	.000	.901	.495	.012
8,000-8,999-----	.157	.031	.001	.054	.000	.328	.050	.000	.003	.000	.814	.404	.013
9,000-9,999-----	.214	.033	.000	.046	.010	.312	.051	.000	.006	.000	.900	.432	.000
10,000-14,999-----	.157	.045	.000	.036	.001	.327	.024	.000	.015	.001	.984	.513	.005
15,000 AND OVER----	.218	.035	.000	.076	.001	.294	.039	.000	.003	.000	1.062	.609	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.058	.008	*	.016	.001	.057	.012	*	.003	*	.195	.089	.002
SPRING-----	.063	.008	.000	.017	.001	.055	.011	*	.004	*	.188	.086	.003
SUMMER-----	.059	.008	.000	.012	*	.040	.008	.000	.002	.000	.198	.081	.001
FALL-----	.060	.009	.000	.018	.002	.077	.018	.000	.004	*	.217	.090	.001
WINTER-----	.049	.008	*	.016	.001	.056	.012	.000	.002	.000	.178	.099	.002
UNDER 1,000-----	.077	.007	.000	.027	.000	.059	.009	.000	.001	.000	.200	.070	.006
1,000-1,999-----	.100	.018	.000	.012	.000	.069	.010	.000	.001	.000	.150	.070	.003
2,000-2,999-----	.068	.009	.000	.010	.000	.086	.009	.000	.008	.000	.158	.066	.000
3,000-3,999-----	.062	.008	.000	.020	.000	.073	.019	.000	.002	.000	.163	.080	.000
4,000-4,999-----	.059	.003	.000	.012	.000	.044	.007	.001	.003	.000	.165	.088	.006
5,000-5,999-----	.053	.007	.000	.012	.002	.054	.016	.000	*	.001	.177	.086	*
6,000-6,999-----	.050	.010	.000	.016	.001	.069	.018	.000	.005	.000	.191	.084	.002
7,000-7,999-----	.048	.006	.000	.014	.001	.054	.012	.000	.004	.000	.224	.110	.003
8,000-8,999-----	.047	.010	.001	.021	.000	.054	.013	.000	.002	.000	.184	.081	.003
9,000-9,999-----	.066	.007	.000	.017	.004	.050	.014	.000	.002	.000	.221	.081	.000
10,000-14,999-----	.052	.010	.000	.014	*	.052	.006	.000	.005	*	.232	.102	.001
15,000 AND OVER----	.093	.019	.000	.034	*	.053	.013	.000	.001	.000	.268	.122	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS													
SPRING-----	48.7	10.9	.0	14.4	.4	60.8	9.7	.1	3.8	.1	87.4	72.4	1.8
SUMMER-----	54.0	9.5	.0	13.5	.4	54.4	9.1	.0	3.6	.0	92.9	72.2	1.6
FALL-----	57.1	11.9	.0	16.1	1.5	68.6	15.3	.0	3.8	.4	93.9	77.0	.8
WINTER-----	44.0	10.5	.4	14.5	1.1	58.5	10.5	.0	2.2	.0	84.7	73.8	1.5

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

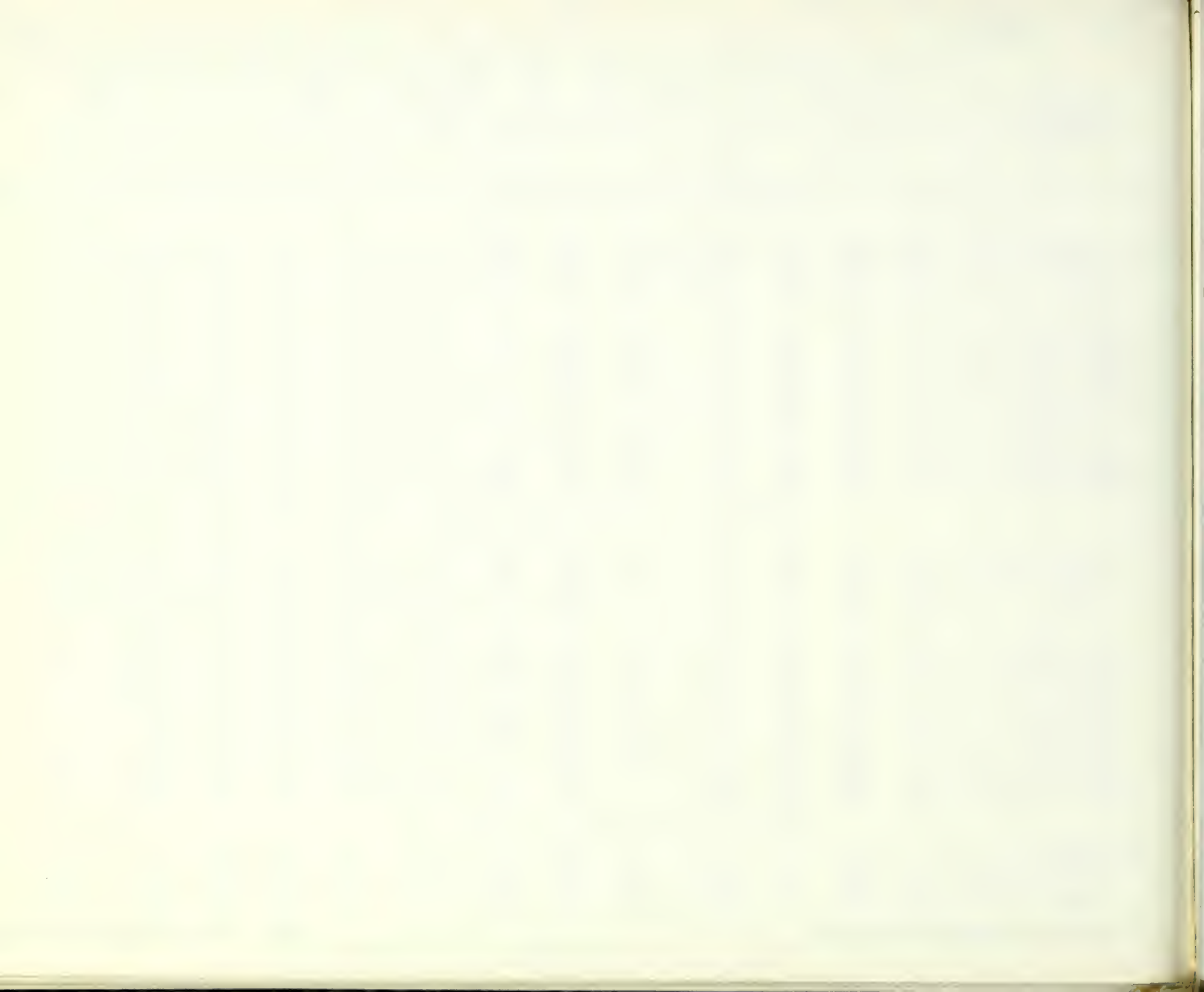


TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

WEST

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER ‡						SOUP, MIXTURES					
	TOTAL ‡ (27)	CANNED		FROZEN		DRIED (32)	TOTAL ‡ (33)	CANNED		FROZEN		DRIED (38)
		COMMER- CIAL (28)	HOME (29)	COMMER- CIAL (30)	HOME (31)			COMMER- CIAL (34)	HOME (35)	COMMER- CIAL (36)	HOME (37)	
QUANTITY PER PERSON PER WEEK (POUNDS)												
ALL HOUSEHOLDS, YEAR-	2.598	.582	.032	.179	.018	.001	.131	.118	.000	.004	.000	.003
SPRING-----	2.611	.577	.032	.195	.015	.001	.124	.109	.000	.006	.000	.004
SUMMER-----	2.877	.487	.013	.147	.014	.002	.121	.107	.000	.003	.000	.003
FALL-----	2.573	.581	.046	.195	.024	.001	.124	.115	.000	.004	.000	.003
WINTER-----	2.331	.682	.035	.179	.020	*	.153	.139	.000	.005	.000	.003
UNDER 1,000-----	3.090	.673	.017	.221	.007	.001	.205	.199	.000	.006	.000	.000
1,000-1,999-----	2.632	.690	.030	.115	.018	.002	.125	.121	.000	.000	.000	.000
2,000-2,999-----	2.529	.501	.015	.145	.004	.002	.089	.072	.000	.000	.000	.005
3,000-3,999-----	2.171	.604	.016	.169	.011	.005	.102	.093	.000	.003	.000	.002
4,000-4,999-----	2.541	.661	.024	.109	.006	*	.133	.112	.000	*	.000	.003
5,000-5,999-----	2.360	.622	.027	.138	.011	.001	.126	.113	.000	.001	.000	.005
6,000-6,999-----	2.612	.558	.024	.189	.045	.001	.135	.131	.000	.003	.000	.001
7,000-7,999-----	2.796	.593	.044	.225	.011	.001	.165	.148	.000	.009	.000	.005
8,000-8,999-----	2.715	.511	.112	.176	.013	*	.193	.171	.000	.000	.000	.005
9,000-9,999-----	2.491	.535	.035	.151	.021	.001	.146	.130	.000	.009	.000	.004
10,000-14,999-----	2.677	.527	.020	.219	.035	*	.107	.098	.000	.007	.000	.003
15,000 AND OVER----	3.231	.479	.024	.337	.008	.006	.088	.080	.000	.007	.000	.001
MONEY VALUE PER PERSON PER WEEK (DOLLARS)												
ALL HOUSEHOLDS, YEAR-	.550	.140	.009	.067	.006	.002	.044	.032	.000	.003	.000	.005
SPRING-----	.587	.140	.010	.070	.005	.002	.043	.030	.000	.004	.000	.006
SUMMER-----	.544	.113	.004	.055	.005	.003	.046	.030	.000	.003	.000	.004
FALL-----	.527	.137	.012	.071	.007	.002	.038	.031	.000	.001	.000	.005
WINTER-----	.542	.168	.011	.071	.007	.001	.048	.037	.000	.003	.000	.005
UNDER 1,000-----	.613	.155	.004	.089	.003	.001	.060	.056	.000	.004	.000	.000
1,000-1,999-----	.523	.162	.008	.040	.006	.003	.033	.032	.000	.000	.000	.000
2,000-2,999-----	.455	.108	.004	.047	.001	.003	.036	.019	.000	.000	.000	.007
3,000-3,999-----	.453	.136	.005	.061	.004	.004	.034	.023	.000	.002	.000	.002
4,000-4,999-----	.475	.140	.008	.038	.002	*	.054	.033	.000	*	.000	.005
5,000-5,999-----	.482	.147	.007	.045	.004	.002	.042	.032	.000	.001	.000	.006
6,000-6,999-----	.531	.132	.008	.065	.015	.001	.039	.034	.000	.003	.000	.002
7,000-7,999-----	.597	.142	.013	.083	.003	.002	.054	.042	.000	.005	.000	.006
8,000-8,999-----	.591	.132	.030	.068	.004	*	.070	.047	.000	.000	.000	.009
9,000-9,999-----	.555	.129	.012	.054	.008	.001	.047	.036	.000	.003	.000	.006
10,000-14,999-----	.597	.136	.006	.090	.012	.001	.036	.025	.000	.006	.000	.005
15,000 AND OVER----	.844	.144	.008	.150	.002	.008	.032	.023	.000	.007	.000	.002
PERCENT OF HOUSEHOLDS USING IN A WEEK												
ALL HOUSEHOLDS												
SPRING-----	98.4	71.0	5.0	40.5	2.3	5.2	33.0	26.6	.0	1.9	.0	5.9
SUMMER-----	98.8	65.9	3.2	38.5	1.2	7.9	36.1	31.3	.0	2.0	.0	5.2
FALL-----	98.9	72.4	6.5	46.0	3.4	6.1	34.1	29.5	.0	1.1	.0	6.9
WINTER-----	98.9	72.4	7.3	39.3	2.5	4.4	40.0	32.7	.0	1.8	.0	7.3

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL VEGETABLES						POTATOES †					
	TOTAL ‡	CANNED		FROZEN		DRIED	TOTAL (FRESH EQUIV- ALENT) ‡	CANNED		FROZEN		DRIED
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	6.062	1.380	.249	.184	.061	.025	2.154	.012	.000	.034	.000	.022
SPRING-----	5.078	1.166	.210	.170	.067	.015	1.866	.010	.000	.022	.000	.013
SUMMER-----	6.333	1.323	.098	.225	.062	.035	2.038	.019	.000	.067	.000	.033
FALL-----	6.306	1.322	.314	.102	.073	.033	2.568	.000	.000	.003	.000	.031
WINTER-----	6.529	1.713	.364	.247	.042	.017	2.102	.019	.000	.047	.000	.011
UNDER 3,000-----	6.113	1.571	.305	.082	.047	.010	1.881	.000	.000	.000	.000	.010
3,000-4,999-----	6.388	1.284	.302	.100	.026	.009	2.276	.018	.000	.029	.000	.007
5,000-6,999-----	5.702	1.225	.323	.176	.114	.045	2.205	.000	.000	.034	.000	.044
7,000-9,999-----	6.643	1.795	.160	.165	.016	.005	2.318	.000	.000	.020	.000	.005
10,000 AND OVER----	5.531	1.062	.000	.695	.000	.018	1.685	.036	.000	.060	.000	.017

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	1.089	.292	.057	.061	.019	.020	.200	.003	.000	.010	.000	.017
SPRING-----	1.045	.268	.047	.061	.020	.011	.224	.002	.000	.007	.000	.009
SUMMER-----	1.105	.270	.022	.074	.021	.029	.222	.002	.000	.020	.000	.027
FALL-----	1.069	.263	.082	.036	.019	.025	.188	.000	.000	.001	.000	.021
WINTER-----	1.141	.368	.073	.076	.016	.014	.169	.009	.000	.012	.000	.010
UNDER 3,000-----	1.090	.331	.074	.025	.018	.008	.158	.000	.000	.000	.000	.008
3,000-4,999-----	1.037	.269	.070	.037	.008	.007	.198	.009	.000	.010	.000	.005
5,000-6,999-----	1.033	.273	.073	.060	.034	.033	.202	.000	.000	.010	.000	.030
7,000-9,999-----	1.276	.358	.030	.064	.006	.005	.246	.000	.000	.006	.000	.004
10,000 AND OVER----	1.117	.255	.000	.207	.000	.021	.146	.005	.000	.013	.000	.018

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	100.0	92.1	23.6	25.8	12.4	11.2	95.5	2.2	.0	6.7	.0	5.6
SUMMER-----	100.0	92.9	17.9	35.7	7.1	21.4	96.4	3.6	.0	14.3	.0	21.4
FALL-----	100.0	91.4	34.3	25.7	2.9	14.3	97.1	.0	.0	2.9	.0	8.6
WINTER-----	100.0	86.7	33.3	43.3	13.3	26.7	96.7	3.3	.0	13.3	.0	13.3

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

WEST

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	DARK GREEN ‡					DEEP YELLOW ‡					TOMATOES ‡		
	TOTAL ‡ (14)	CANNED		FROZEN		TOTAL ‡ (19)	CANNED		FROZEN		TOTAL ‡ (24)	CANNED	
		COMMER- CIAL (15)	HOME (16)	COMMER- CIAL (17)	HOME (18)		COMMER- CIAL (20)	HOME (21)	COMMER- CIAL (22)	HOME (23)		COMMER- CIAL (25)	HOME (26)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.208	.030	.003	.024	.000	.387	.042	.009	.007	.000	.975	.445	.174
SPRING-----	.120	.024	.003	.019	.006	.264	.055	.000	.000	.000	.649	.374	.051
SUMMER-----	.408	.035	.000	.028	.000	.178	.034	.000	.006	.000	1.273	.438	.021
FALL-----	.156	.008	.000	.026	.017	.460	.047	.035	.013	.000	1.136	.528	.105
WINTER-----	.160	.055	.009	.023	.000	.633	.032	.000	.009	.000	.841	.433	.238
UNDER 3,000-----	.111	.017	.000	.002	.007	.480	.029	.000	.008	.000	.705	.439	.074
3,000-4,999-----	.369	.015	.008	.029	.000	.364	.016	.000	.000	.000	1.056	.339	.153
5,000-6,999-----	.099	.020	.003	.029	.019	.392	.081	.000	.000	.000	.852	.392	.124
7,000-9,999-----	.298	.092	.000	.019	.000	.255	.012	.061	.000	.000	1.327	.650	.099
10,000 AND OVER----	.139	.025	.000	.067	.000	.628	.120	.000	.101	.000	1.138	.695	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.047	.008	.001	.009	.001	.062	.009	.002	.003	.000	.208	.093	.017
SPRING-----	.038	.008	.001	.008	.002	.043	.014	.000	.000	.000	.169	.082	.010
SUMMER-----	.036	.007	.000	.012	.000	.028	.006	.000	.001	.000	.223	.083	.003
FALL-----	.065	.002	.000	.010	.003	.079	.009	.007	.006	.000	.256	.106	.020
WINTER-----	.047	.014	.005	.005	.000	.097	.005	.000	.004	.000	.180	.097	.036
UNDER 3,000-----	.042	.006	.000	.001	.002	.076	.006	.000	.002	.000	.163	.093	.015
3,000-4,999-----	.045	.004	.004	.011	.000	.063	.003	.000	.000	.000	.224	.072	.026
5,000-6,999-----	.027	.005	.001	.010	.004	.058	.015	.000	.000	.000	.175	.092	.017
7,000-9,999-----	.092	.016	.000	.007	.000	.037	.004	.012	.000	.000	.289	.131	.018
10,000 AND OVER----	.054	.022	.000	.015	.000	.120	.029	.000	.045	.000	.230	.127	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS													
SPRING-----	39.3	10.1	1.1	6.7	2.2	59.6	16.9	.0	.0	.0	79.8	68.5	7.9
SUMMER-----	35.7	10.7	.0	10.7	.0	46.4	14.3	.0	3.6	.0	92.9	75.0	3.6
FALL-----	45.7	2.9	.0	14.3	2.9	54.3	11.4	2.9	2.9	.0	85.7	74.3	11.4
WINTER-----	40.0	16.7	3.3	10.0	.0	83.3	10.0	.0	3.3	.0	86.7	70.0	26.7

‡ SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

WEST

RURAL HOME

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER *						SOUP, MIXTURES					
	TOTAL * (27)	CANNED		FROZEN		DRIED (32)	TOTAL * (33)	CANNED		FROZEN		DRIED (38)
		COMMER- CIAL (28)	HOME (29)	COMMER- CIAL (30)	HOME (31)			COMMER- CIAL (34)	HOME (35)	COMMER- CIAL (36)	HOME (37)	

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	2.565	.751	.132	.110	.044	*	.111	.100	.000	.009	.000	.002
SPRING-----	2.326	.587	.156	.094	.040	*	.154	.116	.000	.034	.000	*
SUMMER-----	2.691	.650	.077	.123	.062	.000	.149	.147	.000	.000	.000	.002
FALL-----	2.356	.683	.174	.061	.034	.001	.056	.056	.000	.000	.000	.000
WINTER-----	2.913	1.088	.117	.168	.042	.000	.091	.086	.000	.000	.000	.005
UNDER 3,000-----	2.995	.995	.231	.071	.040	.000	.091	.091	.000	.000	.000	.000
3,000-4,999-----	2.433	.828	.142	.042	.026	*	.073	.068	.000	.000	.000	.002
5,000-6,999-----	2.488	.609	.196	.083	.056	.001	.154	.124	.000	.030	.000	*
7,000-9,999-----	2.743	.936	.000	.122	.016	.000	.108	.104	.000	.003	.000	.001
10,000 AND OVER----	2.210	.129	.000	.467	.000	.001	.057	.057	.000	.000	.000	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.539	.153	.036	.036	.016	.001	.032	.027	.000	.003	.000	.002
SPRING-----	.518	.127	.036	.031	.013	.001	.053	.036	.000	.014	.000	.001
SUMMER-----	.557	.134	.019	.041	.021	.000	.039	.037	.000	.000	.000	.002
FALL-----	.468	.132	.055	.019	.013	.002	.014	.014	.000	.000	.000	.000
WINTER-----	.622	.220	.032	.055	.016	.000	.026	.022	.000	.000	.000	.004
UNDER 3,000-----	.626	.202	.059	.022	.016	.000	.025	.025	.000	.000	.000	.000
3,000-4,999-----	.485	.161	.040	.016	.008	*	.023	.019	.000	.000	.000	.001
5,000-6,999-----	.523	.127	.055	.027	.022	.002	.046	.035	.000	.012	.000	.001
7,000-9,999-----	.584	.182	.000	.050	.006	.000	.027	.025	.000	.001	.000	.001
10,000 AND OVER----	.553	.058	.000	.133	.000	.002	.013	.013	.000	.000	.000	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	98.9	71.9	20.2	20.2	9.0	3.4	31.5	30.3	.0	2.2	.0	1.1
SUMMER-----	96.4	71.4	14.3	32.1	7.1	3.6	35.7	32.1	.0	.0	.0	3.6
FALL-----	100.0	74.3	28.6	11.4	2.9	5.7	20.0	20.0	.0	.0	.0	.0
WINTER-----	96.7	76.7	26.7	26.7	13.3	.0	30.0	20.0	.0	.0	.0	10.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
ALL SOURCES

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL VEGETABLES						POTATOES †					
	TOTAL ‡	CANNED		FROZEN		DRIED	TOTAL (FRESH EQUIV- ALENT) ‡	CANNED		FROZEN		DRIED
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	6.601	1.106	.319	.190	.162	.015	2.486	.005	.000	.040	.000	.013
SPRING-----	5.948	1.181	.362	.183	.140	.018	2.480	.007	.000	.053	.000	.014
SUMMER-----	7.472	1.048	.150	.140	.144	.026	2.694	.003	.000	.023	.000	.022
FALL-----	6.833	.952	.362	.183	.217	.011	2.595	.006	.000	.000	.000	.009
WINTER-----	5.892	1.292	.458	.286	.151	.003	2.037	.005	.000	.098	.000	.002
UNDER 3,000-----	7.310	1.216	.863	.135	.216	.005	2.970	.000	.000	.062	.000	.000
3,000-4,999-----	6.035	1.146	.336	.090	.226	.007	2.693	.003	.000	.040	.000	.004
5,000-6,999-----	6.098	1.082	.191	.111	.102	.015	2.168	.009	.000	.006	.000	.014
7,000-9,999-----	7.021	1.093	.222	.218	.192	.021	2.558	.012	.000	.027	.000	.020
10,000 AND OVER----	7.054	1.066	.262	.411	.105	.029	2.388	.000	.000	.086	.000	.024

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	1.145	.236	.079	.062	.053	.014	.218	.001	.000	.010	.000	.008
SPRING-----	1.135	.249	.091	.060	.043	.015	.261	.001	.000	.016	.000	.006
SUMMER-----	1.283	.219	.038	.045	.051	.022	.273	.001	.000	.006	.000	.014
FALL-----	1.059	.201	.085	.061	.067	.009	.164	.001	.000	.000	.000	.036
WINTER-----	1.062	.287	.118	.093	.052	.003	.142	.001	.000	.022	.000	.001
UNDER 3,000-----	1.224	.247	.209	.040	.071	.013	.244	.000	.000	.017	.000	.000
3,000-4,999-----	1.022	.254	.082	.027	.074	.006	.227	.001	.000	.010	.000	.002
5,000-6,999-----	1.053	.231	.047	.041	.030	.010	.188	.002	.000	.002	.000	.006
7,000-9,999-----	1.235	.228	.061	.070	.066	.018	.251	.003	.000	.009	.000	.013
10,000 AND OVER----	1.274	.221	.067	.135	.036	.025	.213	.000	.000	.021	.000	.015

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	100.0	91.5	36.6	43.7	23.2	16.9	95.8	1.4	.0	12.0	.0	5.6
SUMMER-----	100.0	90.2	19.6	35.3	19.6	19.6	98.0	2.0	.0	5.9	.0	7.8
FALL-----	100.0	95.7	39.1	30.4	30.4	13.0	97.8	2.2	.0	.0	.0	8.7
WINTER-----	100.0	95.0	45.0	42.5	22.5	7.5	90.0	2.5	.0	5.0	.0	2.5

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

ALL SOURCES

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	DARK GREEN ‡					DEEP YELLOW ‡					TOMATOES ‡		
	TOTAL ‡ (14)	CANNED		FROZEN		TOTAL ‡ (19)	CANNED		FROZEN		TOTAL ‡ (24)	CANNED	
		COMMER- CIAL (15)	HOME (16)	COMMER- CIAL (17)	HOME (18)		COMMER- CIAL (20)	HOME (21)	COMMER- CIAL (22)	HOME (23)		COMMER- CIAL (25)	HOME (26)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.112	.032	*	.023	.002	.383	.020	.012	.006	.009	.826	.418	.066
SPRING-----	.131	.028	.002	.034	.007	.258	.017	.025	.011	.003	.637	.414	.051
SUMMER-----	.104	.015	.000	.009	.000	.215	.003	.010	.004	.000	1.003	.411	.028
FALL-----	.065	.020	.000	.018	.000	.684	.043	.010	.007	.034	.857	.386	.101
WINTER-----	.159	.077	.000	.038	.000	.422	.018	.000	.000	.000	.783	.476	.099
UNDER 3,000-----	.103	.000	.000	.020	.008	.465	.037	.038	.003	.000	.802	.445	.184
3,000-4,999-----	.094	.047	.002	.004	.002	.242	.013	.020	.004	.038	.792	.476	.033
5,000-6,999-----	.115	.030	.000	.016	.000	.269	.030	.004	.000	.000	.844	.357	.050
7,000-9,999-----	.120	.025	.000	.043	.004	.359	.004	.015	.010	.004	.954	.470	.027
10,000 AND OVER----	.125	.040	.000	.034	.000	.633	.025	.000	.009	.000	.760	.410	.030

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.032	.009	*	.007	.001	.060	.005	.002	.002	.003	.177	.078	.012
SPRING-----	.041	.006	*	.012	.003	.044	.005	.005	.003	.001	.138	.079	.011
SUMMER-----	.026	.003	.000	.003	.000	.033	.001	.002	.001	.000	.224	.086	.006
FALL-----	.021	.005	.000	.004	.000	.104	.011	.002	.003	.010	.177	.066	.016
WINTER-----	.044	.025	.000	.010	.000	.063	.005	.000	.000	.000	.159	.083	.016
UNDER 3,000-----	.030	.000	.000	.006	.004	.063	.010	.007	.001	.000	.149	.071	.030
3,000-4,999-----	.024	.012	*	.002	*	.045	.004	.004	.002	.011	.174	.096	.016
5,000-6,999-----	.037	.010	.000	.006	.000	.046	.009	.001	.000	.000	.189	.073	.009
7,000-9,999-----	.035	.006	.000	.013	.001	.054	.002	.004	.003	.001	.199	.083	.006
10,000 AND OVER----	.031	.011	.000	.008	.000	.091	.006	.000	.002	.000	.165	.073	.005

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS													
SPRING-----	33.8	2.8	.7	10.6	4.2	59.9	4.9	3.5	3.5	1.4	83.8	71.1	9.2
SUMMER-----	31.4	5.9	.0	3.9	.0	54.9	2.0	2.0	2.0	.0	96.1	86.3	5.9
FALL-----	37.0	8.7	.0	4.3	.0	78.3	15.2	2.2	4.3	4.3	97.8	78.3	19.6
WINTER-----	37.5	25.0	.0	10.0	.0	67.5	7.5	.0	.0	.0	90.0	77.5	12.5

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

ALL SOURCES

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER *						SOUP, MIXTURES					
	TOTAL * (27)	CANNED		FROZEN		DRIED (32)	TOTAL * (33)	CANNED		FROZEN		DRIED (38)
		COMMER- CIAL (28)	HOME (29)	COMMER- CIAL (30)	HOME (31)			COMMER- CIAL (34)	HOME (35)	COMMER- CIAL (36)	HOME (37)	

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	3.045	.573	.240	.121	.140	.001	.061	.058	.000	.001	*	.001
SPRING-----	2.745	.627	.283	.085	.122	.001	.093	.088	.000	.000	.002	.003
SUMMER-----	3.843	.589	.112	.102	.144	.001	.027	.025	.000	.002	.000	*
FALL-----	2.811	.474	.251	.158	.170	*	.024	.023	.000	.000	.000	.002
WINTER-----	2.560	.602	.358	.150	.151	.001	.114	.114	.000	.000	.000	.000
UNDER 3,000-----	3.250	.699	.640	.051	.203	.001	.040	.036	.000	.000	.000	.004
3,000-4,999-----	2.424	.539	.226	.042	.185	.000	.072	.068	.000	.000	.002	.001
5,000-6,999-----	2.924	.587	.137	.086	.084	.001	.071	.069	.000	.002	.000	.000
7,000-9,999-----	3.371	.531	.180	.138	.184	*	.052	.051	.000	.000	.000	.001
10,000 AND OVER----	3.446	.564	.232	.282	.105	.002	.029	.027	.000	.000	.000	.002

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.640	.126	.065	.042	.048	.002	.019	.016	.000	*	*	.002
SPRING-----	.622	.134	.075	.029	.037	.001	.029	.023	.000	.000	*	.006
SUMMER-----	.715	.119	.030	.033	.051	.004	.012	.010	.000	.002	.000	*
FALL-----	.584	.113	.067	.054	.055	.001	.007	.005	.000	.000	.000	.002
WINTER-----	.624	.144	.103	.060	.052	.002	.030	.030	.000	.000	.000	.000
UNDER 3,000-----	.721	.156	.172	.016	.066	.005	.017	.009	.000	.000	.000	.008
3,000-4,999-----	.531	.123	.062	.013	.061	.000	.021	.018	.000	.000	.001	.002
5,000-6,999-----	.575	.121	.037	.030	.026	.003	.019	.017	.000	.002	.000	.000
7,000-9,999-----	.677	.117	.051	.045	.063	.001	.020	.018	.000	.000	.000	.002
10,000 AND OVER----	.764	.125	.062	.104	.036	.004	.010	.007	.000	.000	.000	.003

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	99.3	76.1	34.5	28.2	20.4	4.2	29.6	22.5	.0	.0	.7	6.3
SUMMER-----	98.0	58.8	15.7	29.4	19.6	7.8	9.8	7.8	.0	2.0	.0	2.0
FALL-----	100.0	65.2	32.6	28.3	30.4	4.3	10.9	6.5	.0	.0	.0	4.3
WINTER-----	97.5	72.5	40.0	37.5	22.5	5.0	32.5	32.5	.0	.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
HOME-PRODUCED

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ALL VEGETABLES						POTATOES †					
	TOTAL ‡	CANNED		FROZEN		DRIED	TOTAL (FRESH EQUIV- ALENT) ‡	CANNED		FROZEN		DRIED
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	1.785	.000	.312	.000	.157	.000	.567	.000	.000	.000	.000	.000
SPRING-----	1.120	.000	.343	.000	.128	.000	.404	.000	.000	.000	.000	.000
SUMMER-----	2.595	.000	.150	.000	.144	.000	.561	.000	.000	.000	.000	.000
FALL-----	1.850	.000	.359	.000	.210	.000	.702	.000	.000	.000	.000	.000
WINTER-----	1.407	.000	.454	.000	.151	.000	.631	.000	.000	.000	.000	.000
UNDER 3,000-----	2.519	.000	.861	.000	.206	.000	1.011	.000	.000	.000	.000	.000
3,000-4,999-----	2.138	.000	.336	.000	.218	.000	.844	.000	.000	.000	.000	.000
5,000-6,999-----	1.640	.000	.190	.000	.093	.000	.488	.000	.000	.000	.000	.000
7,000-9,999-----	1.769	.000	.200	.000	.192	.000	.488	.000	.000	.000	.000	.000
10,000 AND OVER----	1.252	.000	.252	.000	.105	.000	.252	.000	.000	.000	.000	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.318	.000	.078	.000	.051	.000	.042	.000	.000	.000	.000	.000
SPRING-----	.239	.000	.086	.000	.039	.000	.037	.000	.000	.000	.000	.000
SUMMER-----	.457	.000	.038	.000	.051	.000	.051	.000	.000	.000	.000	.000
FALL-----	.310	.000	.084	.000	.065	.000	.042	.000	.000	.000	.000	.000
WINTER-----	.229	.000	.118	.000	.052	.000	.038	.000	.000	.000	.000	.000
UNDER 3,000-----	.426	.000	.209	.000	.067	.000	.066	.000	.000	.000	.000	.000
3,000-4,999-----	.371	.000	.082	.000	.071	.000	.060	.000	.000	.000	.000	.000
5,000-6,999-----	.280	.000	.047	.000	.027	.000	.041	.000	.000	.000	.000	.000
7,000-9,999-----	.341	.000	.056	.000	.066	.000	.042	.000	.000	.000	.000	.000
10,000 AND OVER----	.236	.000	.064	.000	.036	.000	.017	.000	.000	.000	.000	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	54.9	.0	33.8	.0	21.1	.0	12.0	.0	.0	.0	.0	.0
SUMMER-----	72.5	.0	19.6	.0	19.6	.0	25.5	.0	.0	.0	.0	.0
FALL-----	60.9	.0	37.0	.0	30.4	.0	23.9	.0	.0	.0	.0	.0
WINTER-----	60.0	.0	42.5	.0	22.5	.0	20.0	.0	.0	.0	.0	.0

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 15.--VEGETABLES (FRESH, PROCESSED)

WEST

RURAL FARM

--CONTINUED

HOME-PRODUCED

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	DARK GREEN ‡					DEEP YELLOW ‡					TOMATOES ‡		
	TOTAL ‡ (14)	CANNED		FROZEN		TOTAL ‡ (19)	CANNED		FROZEN		TOTAL ‡ (24)	CANNED	
		COMMER- CIAL (15)	HOME (16)	COMMER- CIAL (17)	HOME (18)		COMMER- CIAL (20)	HOME (21)	COMMER- CIAL (22)	HOME (23)		COMMER- CIAL (25)	HOME (26)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.019	.000	*	.000	.001	.098	.000	.012	.000	.009	.218	.000	.066
SPRING-----	.031	.000	.002	.000	.004	.028	.000	.025	.000	.003	.057	.000	.050
SUMMER-----	.019	.000	.000	.000	.000	.052	.000	.010	.000	.000	.360	.000	.028
FALL-----	.019	.000	.000	.000	.000	.208	.000	.010	.000	.034	.317	.000	.191
WINTER-----	.000	.000	.000	.000	.000	.120	.000	.000	.000	.000	.099	.000	.099
UNDER 3,000-----	.021	.000	.000	.000	.001	.095	.000	.038	.000	.000	.211	.000	.184
3,000-4,999-----	.005	.000	.002	.000	.002	.130	.000	.020	.000	.038	.214	.000	.088
5,000-6,999-----	.023	.000	.000	.000	.000	.044	.000	.004	.000	.000	.308	.000	.050
7,000-9,999-----	.025	.000	.000	.000	.004	.078	.000	.015	.000	.004	.298	.000	.025
10,000 AND OVER----	.019	.000	.000	.000	.000	.128	.000	.000	.000	.000	.058	.000	.030

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.007	.000	*	.000	*	.015	.000	.002	.000	.003	.049	.000	.012
SPRING-----	.008	.000	*	.000	.002	.006	.000	.005	.000	.001	.012	.000	.010
SUMMER-----	.009	.000	.000	.000	.000	.009	.000	.002	.000	.000	.082	.000	.016
FALL-----	.008	.000	.000	.000	.000	.034	.000	.002	.000	.010	.075	.000	.016
WINTER-----	.000	.000	.000	.000	.000	.015	.000	.000	.000	.000	.016	.000	.016
UNDER 3,000-----	.007	.000	.000	.000	.001	.014	.000	.007	.000	.000	.037	.000	.030
3,000-4,999-----	.001	.000	*	.000	*	.025	.000	.004	.000	.011	.049	.000	.016
5,000-6,999-----	.009	.000	.000	.000	.000	.006	.000	.001	.000	.000	.069	.000	.009
7,000-9,999-----	.011	.000	.000	.000	.001	.013	.000	.004	.000	.001	.072	.000	.005
10,000 AND OVER----	.004	.000	.000	.000	.000	.017	.000	.000	.000	.000	.013	.000	.005

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS													
SPRING-----	11.3	.0	.7	.0	2.8	5.6	.0	3.5	.0	1.4	9.9	.0	8.5
SUMMER-----	9.8	.0	.0	.0	.0	11.8	.0	2.0	.0	.0	29.4	.0	5.9
FALL-----	13.0	.0	.0	.0	.0	26.1	.0	2.2	.0	4.3	41.3	.0	19.6
WINTER-----	.0	.0	.0	.0	.0	12.5	.0	.0	.0	.0	12.5	.0	12.5

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER ‡						SOUP, MIXTURES					
	TOTAL ‡ (27)	CANNED		FROZEN		DRIED (32)	TOTAL ‡ (33)	CANNED		FROZEN		DRIED (38)
		COMMER- CIAL (28)	HOME (29)	COMMER- CIAL (30)	HOME (31)			COMMER- CIAL (34)	HOME (35)	COMMER- CIAL (36)	HOME (37)	

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.883	.000	.233	.000	.143	.000	*	.000	.000	.000	*	.000
SPRING-----	.598	.000	.266	.000	.117	.000	.002	.000	.000	.000	.002	.000
SUMMER-----	1.602	.000	.112	.000	.144	.000	.000	.000	.000	.000	.000	.000
FALL-----	.604	.000	.247	.000	.162	.000	.000	.000	.000	.000	.000	.000
WINTER-----	.556	.000	.354	.000	.151	.000	.000	.000	.000	.000	.000	.000
UNDER 3,000-----	1.181	.000	.638	.000	.200	.000	.000	.000	.000	.000	.000	.000
3,000-4,999-----	.943	.000	.226	.000	.177	.000	.002	.000	.000	.000	.002	.000
5,000-6,999-----	.777	.000	.136	.000	.079	.000	.000	.000	.000	.000	.000	.000
7,000-9,999-----	.880	.000	.160	.000	.184	.000	.000	.000	.000	.000	.000	.000
10,000 AND OVER----	.796	.000	.222	.000	.105	.000	.000	.000	.000	.000	.000	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.204	.000	.063	.000	.047	.000	*	.000	.000	.000	*	.000
SPRING-----	.175	.000	.071	.000	.036	.000	*	.000	.000	.000	*	.000
SUMMER-----	.307	.000	.030	.000	.051	.000	.000	.000	.000	.000	.000	.000
FALL-----	.150	.000	.065	.000	.052	.000	.000	.000	.000	.000	.000	.000
WINTER-----	.160	.000	.102	.000	.052	.000	.000	.000	.000	.000	.000	.000
UNDER 3,000-----	.301	.000	.172	.000	.065	.000	.000	.000	.000	.000	.000	.000
3,000-4,999-----	.235	.000	.062	.000	.059	.000	.001	.000	.000	.000	.001	.000
5,000-6,999-----	.155	.000	.037	.000	.025	.000	.000	.000	.000	.000	.000	.000
7,000-9,999-----	.203	.000	.047	.000	.063	.000	.000	.000	.000	.000	.000	.000
10,000 AND OVER----	.185	.000	.059	.000	.036	.000	.000	.000	.000	.000	.000	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS												
SPRING-----	51.4	.0	31.7	.0	18.3	.0	.7	.0	.0	.0	.7	.0
SUMMER-----	66.7	.0	15.7	.0	19.6	.0	.0	.0	.0	.0	.0	.0
FALL-----	50.0	.0	30.4	.0	30.4	.0	.0	.0	.0	.0	.0	.0
WINTER-----	55.0	.0	37.5	.0	22.5	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ALL FRUIT						CITRUS					OTHER VITAMIN-C RICH *		
	TOTAL # (2)	CANNED		FROZEN		DRIED (7)	TOTAL (JUICE EQUIV- ALENT) # (8)	CANNED		FROZEN		TOTAL # (13)	FROZEN	
		COMMER- CIAL (3)	HOME (4)	COMMER- CIAL (5)	HOME (6)			COMMER- CIAL (9)	HOME (10)	COMMER- CIAL (11)	HOME (12)		COMMER- CIAL (14)	HOME (15)
QUANTITY PER PERSON PER WEEK (POUNDS)														
ALL HOUSEHOLDS, YEAR-	4.202	.934	.114	.173	.031	.048	1.211	.221	*	.143	*	.267	.008	.004
SPRING-----	4.008	.994	.156	.169	.033	.045	1.266	.230	.001	.132	*	.322	.011	.005
SUMMER-----	4.871	.765	.062	.162	.029	.038	.986	.220	.000	.138	.001	.552	.004	.001
FALL-----	4.137	1.048	.124	.196	.028	.062	1.190	.220	.000	.162	.000	.168	.009	.005
WINTER-----	3.788	.926	.112	.166	.032	.046	1.407	.214	.000	.140	.000	.023	.008	.006
UNDER 1,000-----	5.374	.800	.208	.154	.011	.062	1.110	.219	.000	.148	.000	.256	.000	.000
1,000-1,999-----	4.148	.841	.173	.062	.063	.049	1.032	.236	.000	.055	.000	.124	.004	.004
2,000-2,999-----	4.511	1.019	.160	.149	.054	.040	1.344	.322	.001	.136	.000	.288	.003	.012
3,000-3,999-----	3.954	1.011	.105	.115	.017	.037	.962	.225	.000	.102	*	.236	*	.004
4,000-4,999-----	3.505	.778	.214	.057	.060	.036	.754	.269	.000	.049	.000	.171	.004	.013
5,000-5,999-----	3.777	.941	.072	.143	.013	.051	.997	.175	.000	.117	.000	.174	.006	*
6,000-6,999-----	4.017	.936	.148	.196	.025	.046	1.178	.203	.000	.157	*	.407	.025	.005
7,000-7,999-----	4.148	.866	.127	.194	.044	.046	1.240	.257	.002	.155	.000	.239	.003	.002
8,000-8,999-----	4.111	.809	.084	.216	.028	.044	1.340	.133	.000	.190	.000	.269	.003	.012
9,000-9,999-----	4.445	.959	.140	.208	.025	.048	1.339	.202	.000	.182	.000	.305	.006	.002
10,000-14,999-----	4.578	1.033	.076	.238	.020	.055	1.392	.189	.000	.180	.002	.291	.011	.001
15,000 AND OVER----	6.187	1.331	.056	.322	.077	.041	2.203	.420	.000	.247	.000	.549	.006	.001
MONEY VALUE PER PERSON PER WEEK (DOLLARS)														
ALL HOUSEHOLDS, YEAR-	.756	.192	.026	.081	.012	.019	.227	.038	*	.068	*	.046	.004	.002
SPRING-----	.796	.213	.037	.081	.013	.018	.251	.044	*	.065	*	.079	.005	.002
SUMMER-----	.787	.150	.013	.078	.012	.015	.176	.035	.000	.068	.001	.070	.002	*
FALL-----	.761	.213	.030	.090	.012	.024	.217	.041	.000	.075	.000	.023	.004	.002
WINTER-----	.680	.190	.026	.077	.012	.019	.266	.034	.000	.064	.000	.010	.004	.003
UNDER 1,000-----	.821	.166	.045	.077	.002	.038	.210	.029	.000	.074	.000	.036	.000	.000
1,000-1,999-----	.705	.194	.041	.032	.027	.021	.221	.038	.000	.029	.000	.026	.001	.002
2,000-2,999-----	.709	.195	.034	.067	.021	.015	.247	.055	*	.063	.000	.050	.001	.006
3,000-3,999-----	.653	.213	.026	.049	.007	.015	.177	.039	.000	.043	*	.029	*	.002
4,000-4,999-----	.604	.152	.049	.027	.027	.012	.149	.042	.000	.024	.000	.030	.002	.006
5,000-5,999-----	.628	.192	.017	.063	.004	.020	.174	.028	.000	.052	.000	.027	.004	*
6,000-6,999-----	.771	.190	.035	.093	.011	.017	.216	.036	.000	.076	*	.080	.011	.002
7,000-7,999-----	.769	.173	.030	.088	.017	.017	.216	.039	.001	.070	.000	.038	.002	.001
8,000-8,999-----	.765	.183	.019	.100	.013	.017	.241	.021	.000	.089	.000	.047	.001	.005
9,000-9,999-----	.837	.199	.031	.105	.010	.019	.251	.036	.000	.090	.000	.057	.003	.001
10,000-14,999-----	.873	.205	.018	.117	.007	.023	.279	.039	.000	.092	.001	.050	.005	.001
15,000 AND OVER----	1.233	.305	.013	.151	.027	.021	.451	.094	.000	.116	.000	.075	.003	*
PERCENT OF HOUSEHOLDS USING IN A WEEK														
ALL HOUSEHOLDS	97.9	71.6	11.3	34.9	3.2	18.0	78.0	23.2	.1	30.5	.1	33.9	3.4	1.0
SPRING-----	97.9	71.6	11.3	34.9	3.2	18.0	78.0	23.2	.1	30.5	.1	33.9	3.4	1.0
SUMMER-----	98.3	64.0	8.3	34.3	3.2	18.0	69.2	22.0	.0	31.4	.3	37.3	1.5	.3
FALL-----	98.0	73.8	12.0	37.0	3.3	25.3	73.9	22.2	.0	33.9	.0	13.1	2.4	1.0
WINTER-----	97.6	72.5	11.5	35.4	4.3	20.8	80.5	20.8	.0	31.8	.0	4.9	2.2	.7

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED

WEST

ALL URBANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER						MIX- TURES (22)
	TOTAL * (16)	CANNED		FROZEN		DRIED (21)	
		COMMER- CIAL (17)	HOME (18)	COMMER- CIAL (19)	HOME (20)		

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	2.726	.709	.113	.022	.026	.048	.003
SPRING-----	2.301	.762	.155	.025	.028	.045	.001
SUMMER-----	3.531	.541	.062	.019	.026	.038	.004
FALL-----	2.951	.824	.123	.025	.024	.062	.004
WINTER-----	2.105	.707	.112	.019	.027	.046	.002
UNDER 1,000-----	4.099	.581	.208	.005	.011	.062	.000
1,000-1,999-----	2.573	.605	.173	.003	.059	.049	.000
2,000-2,999-----	2.738	.692	.159	.009	.042	.040	.001
3,000-3,999-----	2.738	.781	.104	.014	.013	.037	.006
4,000-4,999-----	2.452	.496	.214	.003	.047	.036	.008
5,000-5,999-----	2.606	.761	.072	.018	.013	.051	.005
6,000-6,999-----	2.507	.734	.148	.013	.020	.046	.000
7,000-7,999-----	2.722	.606	.121	.036	.042	.046	.003
8,000-8,999-----	2.639	.666	.084	.023	.017	.044	.005
9,000-9,999-----	2.921	.756	.140	.019	.024	.048	.001
10,000-14,999-----	2.941	.842	.076	.047	.017	.055	.001
15,000 AND OVER----	3.383	.912	.056	.070	.076	.041	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.482	.152	.026	.010	.010	.019	.001
SPRING-----	.465	.168	.036	.011	.011	.018	.001
SUMMER-----	.540	.114	.013	.008	.011	.015	.002
FALL-----	.519	.171	.029	.012	.010	.024	.002
WINTER-----	.403	.154	.026	.009	.009	.019	.001
UNDER 1,000-----	.575	.138	.045	.003	.002	.038	.000
1,000-1,999-----	.453	.156	.041	.002	.026	.021	.000
2,000-2,999-----	.411	.138	.034	.003	.015	.015	*
3,000-3,999-----	.445	.171	.026	.006	.005	.015	.003
4,000-4,999-----	.421	.105	.049	.001	.021	.012	.004
5,000-5,999-----	.425	.162	.017	.008	.004	.020	.002
6,000-6,999-----	.476	.154	.035	.006	.009	.017	.000
7,000-7,999-----	.514	.133	.028	.016	.017	.017	.001
8,000-8,999-----	.475	.158	.019	.010	.008	.017	.002
9,000-9,999-----	.529	.163	.031	.011	.009	.019	*
10,000-14,999-----	.544	.166	.018	.020	.005	.023	*
15,000 AND OVER----	.708	.210	.013	.032	.026	.021	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	93.8	66.8	11.1	7.5	2.4	18.0	1.1
SUMMER-----	95.3	55.5	8.3	6.1	2.9	18.0	1.0
FALL-----	96.7	69.2	12.0	6.6	2.3	25.3	1.3
WINTER-----	93.4	67.3	11.5	4.9	3.9	20.8	1.3

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)

WEST

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ALL FRUIT						CITRUS				OTHER VITAMIN-C RICH *			
	TOTAL # (2)	CANNED		FROZEN		DRIED (7)	TOTAL (JUICE EQUIV- ALENT) # (8)	CANNED		FROZEN		TOTAL # (13)	FROZEN	
		COMMER- CIAL (3)	HOME (4)	COMMER- CIAL (5)	HOME (6)			COMMER- CIAL (9)	HOME (10)	COMMER- CIAL (11)	HOME (12)		COMMER- CIAL (14)	HOME (15)
QUANTITY PER PERSON PER WEEK (POUNDS)														
ALL HOUSEHOLDS, YEAR--	4.201	.951	.084	.188	.018	.049	1.273	.207	*	.156	*	.278	.008	.003
SPRING-----	4.071	.964	.117	.176	.029	.045	1.302	.208	.001	.139	*	.353	.010	.005
SUMMER-----	4.738	.791	.042	.174	.009	.036	1.034	.208	.000	.148	.001	.560	.005	.001
FALL-----	4.213	1.117	.097	.221	.015	.070	1.290	.217	.000	.182	.000	.179	.010	.006
WINTER-----	3.781	.929	.082	.180	.019	.046	1.465	.195	.000	.152	.000	.022	.009	.001
UNDER 1,000-----	5.346	.954	.141	.182	.000	.072	1.310	.258	.000	.176	.000	.266	.000	.000
1,000-1,999-----	4.305	.857	.138	.076	.027	.056	1.137	.246	.000	.071	.000	.140	.001	.003
2,000-2,999-----	4.456	1.088	.023	.199	.017	.053	1.550	.278	.000	.186	.000	.259	.000	.017
3,000-3,999-----	4.021	1.019	.074	.114	.003	.042	.944	.161	.000	.098	.000	.258	.000	.003
4,000-4,999-----	3.428	.758	.137	.058	.009	.044	.728	.217	.000	.053	.000	.171	.004	.001
5,000-5,999-----	3.677	.954	.050	.158	.004	.052	1.052	.170	.000	.130	.000	.189	.009	.000
6,000-6,999-----	3.953	.932	.108	.209	.010	.046	1.203	.191	.000	.168	*	.438	.028	.005
7,000-7,999-----	4.141	.902	.134	.196	.048	.051	1.245	.264	.002	.151	.000	.247	.004	.002
8,000-8,999-----	4.042	.754	.089	.219	.029	.043	1.414	.127	.000	.203	.000	.225	.002	.013
9,000-9,999-----	4.486	.974	.138	.213	.027	.051	1.369	.201	.000	.186	.000	.319	.006	.002
10,000-14,999-----	4.637	1.064	.064	.245	.019	.052	1.421	.190	.000	.185	.003	.302	.010	.001
15,000 AND OVER----	6.446	1.345	.013	.339	.046	.037	2.364	.454	.000	.259	.000	.593	.006	.000
MONEY VALUE PER PERSON PER WEEK (DOLLARS)														
ALL HOUSEHOLDS, YEAR--	.758	.194	.019	.088	.007	.020	.237	.035	*	.074	*	.048	.004	.001
SPRING-----	.801	.201	.028	.085	.011	.018	.257	.038	*	.069	*	.085	.004	.002
SUMMER-----	.771	.157	.009	.083	.004	.014	.187	.033	.000	.073	.001	.072	.002	.001
FALL-----	.782	.226	.022	.102	.006	.027	.234	.040	.000	.084	.000	.025	.004	.003
WINTER-----	.678	.190	.019	.083	.007	.019	.273	.029	.000	.069	.000	.009	.005	.001
UNDER 1,000-----	.859	.199	.029	.092	.000	.045	.246	.033	.000	.089	.000	.031	.000	.000
1,000-1,999-----	.671	.153	.033	.040	.013	.025	.238	.039	.000	.038	.000	.030	*	.001
2,000-2,999-----	.702	.208	.005	.090	.008	.020	.273	.047	.000	.085	.000	.047	.000	.008
3,000-3,999-----	.664	.214	.018	.050	.001	.017	.178	.026	.000	.043	.000	.031	.000	.001
4,000-4,999-----	.577	.158	.031	.028	.004	.015	.148	.036	.000	.025	.000	.026	.001	.001
5,000-5,999-----	.622	.190	.011	.069	.001	.021	.176	.023	.000	.057	.000	.028	.004	.000
6,000-6,999-----	.764	.188	.026	.098	.005	.017	.219	.034	.000	.081	*	.087	.012	.003
7,000-7,999-----	.757	.181	.032	.091	.019	.018	.218	.041	.001	.070	.000	.040	.002	.001
8,000-8,999-----	.762	.170	.021	.099	.013	.017	.251	.018	.000	.092	.000	.044	.001	.006
9,000-9,999-----	.851	.205	.030	.107	.010	.020	.257	.037	.000	.092	.000	.059	.003	.001
10,000-14,999-----	.886	.211	.014	.121	.006	.021	.285	.040	.000	.095	.001	.051	.005	.001
15,000 AND OVER----	1.271	.309	.003	.158	.014	.020	.486	.103	.000	.120	.000	.078	.003	.000
PERCENT OF HOUSEHOLDS USING IN A WEEK														
ALL HOUSEHOLDS														
SPRING-----	98.0	71.0	9.2	36.1	2.6	18.0	78.6	22.1	.1	31.8	.1	35.1	2.9	.9
SUMMER-----	98.0	65.1	6.3	35.7	2.0	18.3	69.8	20.6	.0	32.9	.4	38.5	1.6	.4
FALL-----	98.9	77.4	10.7	41.8	2.3	28.4	77.8	22.2	.0	38.3	.0	13.8	2.7	1.1
WINTER-----	97.8	73.1	9.5	37.5	2.9	19.6	81.1	19.3	.0	33.5	.0	5.1	2.5	.4

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED

WEST

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER						MIX- TURES (22)
	TOTAL # (16)	CANNED		FROZEN		DRIED (21)	
		COMMER- CIAL (17)	HOME (18)	COMMER- CIAL (19)	HOME (20)		

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	2.668	.740	.084	.024	.014	.049	.003
SPRING-----	2.294	.753	.116	.027	.024	.045	.001
SUMMER-----	3.355	.578	.042	.021	.006	.036	.005
FALL-----	2.957	.897	.096	.029	.009	.070	.002
WINTER-----	2.055	.728	.082	.018	.018	.046	.003
UNDER 1,000-----	3.890	.696	.141	.006	.000	.072	.000
1,000-1,999-----	2.617	.612	.138	.004	.024	.056	.000
2,000-2,999-----	2.589	.804	.023	.013	.000	.053	.001
3,000-3,999-----	2.743	.851	.073	.016	.000	.042	.007
4,000-4,999-----	2.414	.524	.137	.002	.008	.044	.012
5,000-5,999-----	2.466	.781	.050	.019	.004	.052	.003
6,000-6,999-----	2.423	.741	.108	.013	.004	.046	.000
7,000-7,999-----	2.684	.635	.127	.041	.046	.051	.003
8,000-8,999-----	2.563	.616	.089	.014	.016	.043	.006
9,000-9,999-----	2.919	.772	.138	.020	.025	.051	.001
10,000-14,999-----	2.973	.872	.064	.051	.015	.052	.001
15,000 AND OVER----	3.411	.891	.013	.073	.046	.037	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.472	.157	.019	.011	.005	.020	.001
SPRING-----	.459	.162	.028	.012	.010	.018	.001
SUMMER-----	.511	.121	.009	.009	.002	.014	.002
FALL-----	.522	.185	.022	.014	.003	.027	.001
WINTER-----	.395	.158	.019	.009	.006	.019	.001
UNDER 1,000-----	.582	.166	.029	.003	.000	.045	.000
1,000-1,999-----	.403	.114	.033	.002	.012	.025	.000
2,000-2,999-----	.382	.158	.005	.005	.000	.020	.001
3,000-3,999-----	.453	.185	.018	.007	.000	.017	.003
4,000-4,999-----	.398	.114	.031	.001	.004	.015	.005
5,000-5,999-----	.417	.166	.011	.008	.001	.021	.001
6,000-6,999-----	.458	.155	.026	.006	.002	.017	.000
7,000-7,999-----	.498	.139	.030	.019	.018	.018	.001
8,000-8,999-----	.465	.148	.021	.006	.007	.017	.002
9,000-9,999-----	.534	.168	.030	.012	.010	.020	*
10,000-14,999-----	.550	.171	.014	.022	.005	.021	*
15,000 AND OVER----	.707	.206	.003	.035	.014	.020	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	93.6	66.5	8.9	7.7	1.9	18.0	1.1
SUMMER-----	95.2	58.3	6.3	6.3	1.6	18.3	1.2
FALL-----	97.3	73.2	10.7	7.7	1.1	28.4	1.1
WINTER-----	93.5	68.4	9.5	5.1	2.5	19.6	1.5

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

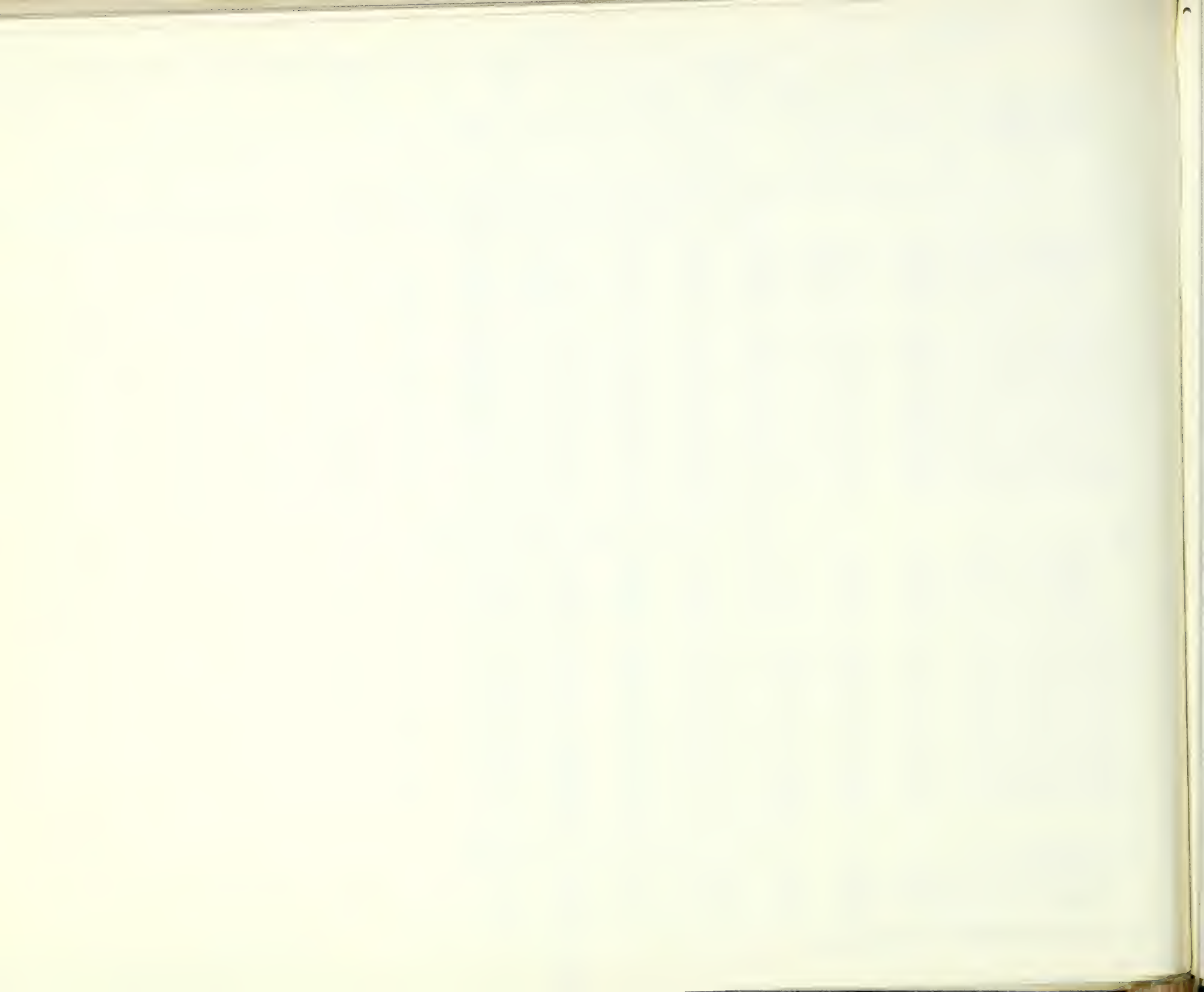


TABLE 16.--FRUIT (FRESH, PROCESSED)

WEST

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ALL FRUIT						CITRUS					OTHER VITAMIN-C RICH †		
	TOTAL ‡ (2)	CANNED		FROZEN		DRIED (7)	TOTAL (JUICE EQUIV- ALENT) ‡ (8)	CANNED		FROZEN		TOTAL ‡ (13)	FROZEN	
		COMMER- CIAL (3)	HOME (4)	COMMER- CIAL (5)	HOME (6)			COMMER- CIAL (9)	HOME (10)	COMMER- CIAL (11)	HOME (12)		COMMER- CIAL (14)	HOME (15)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	4.064	.822	.248	.084	.105	.032	.821	.314	.000	.069	.000	.174	.035	.010
SPRING-----	3.519	1.206	.368	.123	.033	.039	1.087	.394	.000	.089	.000	.108	.020	.003
SUMMER-----	5.837	.525	.195	.081	.177	.040	.670	.321	.000	.072	.000	.481	.000	.000
FALL-----	3.576	.692	.219	.055	.110	.009	.622	.233	.000	.055	.000	.092	.000	.000
WINTER-----	3.450	.861	.211	.078	.105	.044	.915	.315	.000	.060	.000	.038	.000	.038
UNDER 3,000-----	4.216	.728	.407	.013	.157	.014	.636	.311	.000	.002	.000	.221	.011	.000
3,000-4,999-----	3.597	.927	.342	.067	.163	.006	.898	.492	.000	.064	.000	.164	.012	.036
5,000-6,999-----	4.349	.942	.245	.073	.088	.045	.739	.235	.000	.055	.000	.060	.002	.000
7,000-9,999-----	3.964	.739	.030	.188	.009	.027	1.076	.195	.000	.156	.000	.256	.014	.000
10,000 AND OVER---	2.481	.509	.000	.168	.055	.039	.755	.000	.000	.130	.000	.085	.025	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.718	.183	.056	.037	.044	.014	.161	.058	.000	.031	.000	.025	.012	.005
SPRING-----	.754	.305	.084	.050	.013	.015	.226	.082	.000	.037	.000	.034	.007	.001
SUMMER-----	.890	.088	.036	.039	.076	.022	.102	.042	.000	.035	.000	.045	.000	.000
FALL-----	.621	.151	.056	.020	.051	.004	.122	.048	.000	.020	.000	.004	.000	.000
WINTER-----	.625	.183	.047	.042	.040	.016	.197	.061	.000	.034	.000	.019	.000	.019
UNDER 3,000-----	.721	.218	.086	.005	.061	.005	.148	.052	.000	.002	.000	.033	.014	.000
3,000-4,999-----	.617	.166	.081	.025	.073	.002	.152	.079	.000	.024	.000	.030	.001	.018
5,000-6,999-----	.702	.212	.057	.035	.035	.016	.167	.058	.000	.027	.000	.011	.001	.000
7,000-9,999-----	.774	.162	.006	.086	.004	.009	.189	.032	.000	.073	.000	.024	.001	.000
10,000 AND OVER---	.511	.119	.000	.078	.021	.016	.138	.000	.000	.063	.000	.026	.010	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	96.6	77.5	24.7	25.8	5.6	16.9	74.2	31.5	.0	20.2	.0	22.5	6.7	1.1
SUMMER-----	100.0	53.6	21.4	21.4	14.3	14.3	64.3	32.1	.0	17.9	.0	25.0	.0	.0
FALL-----	91.4	48.6	17.1	5.7	8.6	2.9	45.7	20.0	.0	5.7	.0	8.6	.0	.0
WINTER-----	96.7	70.0	23.3	20.0	13.3	30.0	73.3	33.3	.0	20.0	.0	3.3	.0	3.3

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

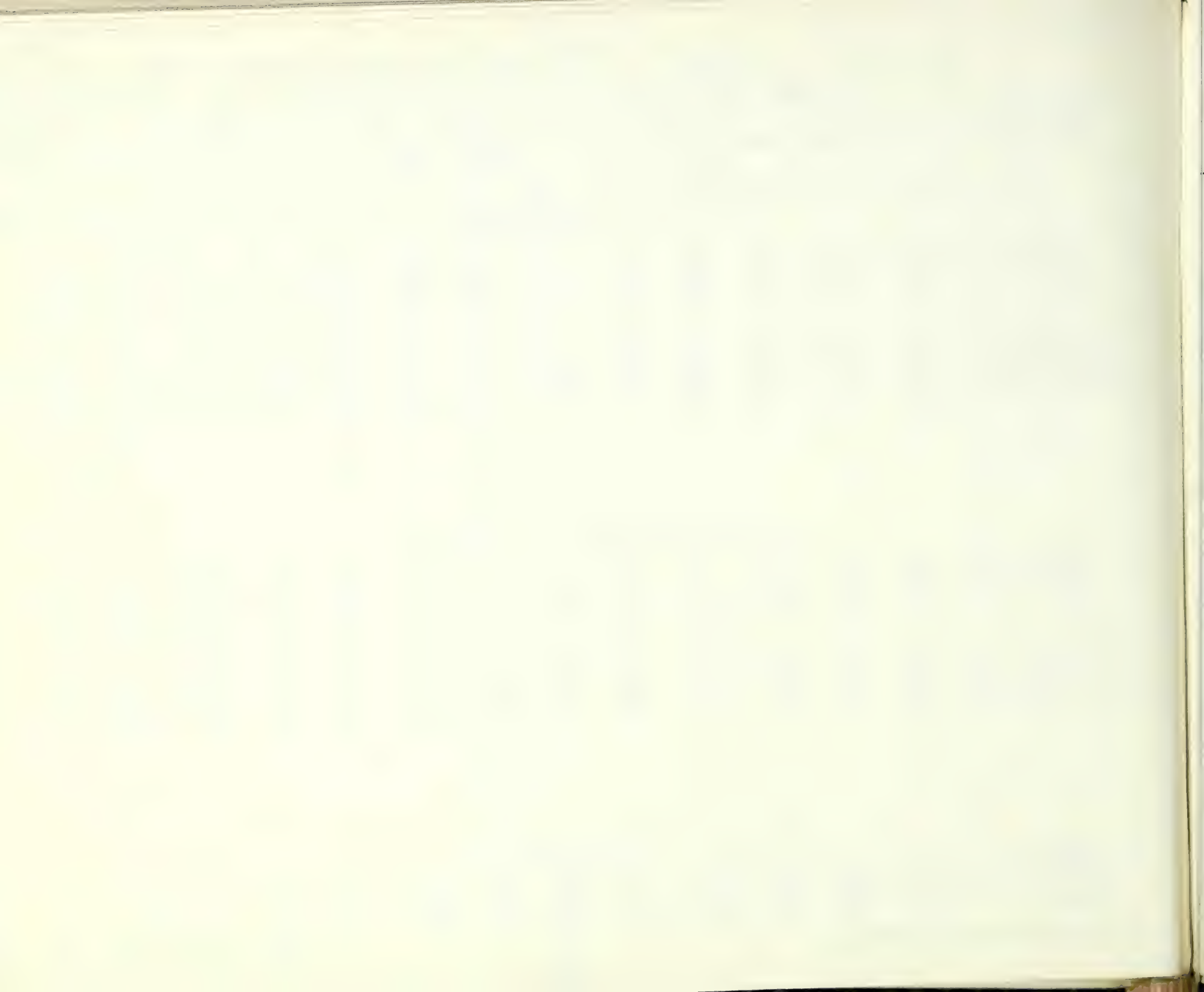


TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED

WEST

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER						MIX- TURES (22)
	TOTAL * (16)	CANNED		FROZEN		DRIED (21)	
		COMMER- CIAL (17)	HOME (18)	COMMER- CIAL (19)	HOME (20)		

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	3.003	.503	.248	.010	.095	.032	.005
SPRING-----	2.222	.811	.368	.014	.030	.039	.001
SUMMER-----	4.820	.204	.195	.009	.177	.040	.000
FALL-----	2.824	.441	.219	.000	.110	.009	.018
WINTER-----	2.247	.546	.211	.018	.068	.044	.000
UNDER 3,000-----	3.028	.417	.407	.000	.157	.014	.000
3,000-4,999-----	2.544	.435	.342	.001	.127	.006	.000
5,000-6,999-----	3.375	.689	.245	.017	.088	.045	.018
7,000-9,999-----	2.777	.542	.030	.028	.009	.027	.002
10,000 AND OVER----	1.687	.509	.000	.013	.055	.039	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.531	.122	.056	.004	.040	.014	.002
SPRING-----	.494	.222	.084	.005	.012	.015	.001
SUMMER-----	.743	.046	.036	.004	.076	.022	.000
FALL-----	.489	.097	.056	.000	.051	.004	.006
WINTER-----	.409	.122	.047	.008	.021	.016	.000
UNDER 3,000-----	.541	.165	.086	.000	.061	.005	.000
3,000-4,999-----	.435	.087	.081	*	.056	.002	.000
5,000-6,999-----	.518	.149	.057	.007	.035	.016	.006
7,000-9,999-----	.560	.129	.006	.012	.004	.009	.001
10,000 AND OVER----	.347	.119	.000	.005	.021	.016	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	94.4	69.7	24.7	5.6	4.5	16.9	1.1
SUMMER-----	96.4	28.6	21.4	3.6	14.3	14.3	.0
FALL-----	91.4	42.9	17.1	.0	8.6	2.9	2.9
WINTER-----	93.3	60.0	23.3	3.3	13.3	30.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)

WEST

RURAL FARM

ALL SOURCES

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ALL FRUIT						CITRUS				OTHER VITAMIN-C RICH *			
	TOTAL ‡ (2)	CANNED		FROZEN		DRIED (7)	TOTAL (JUICE EQUIV- ALENT) ‡ (8)	CANNED		FROZEN		TOTAL ‡ (13)	FROZEN	
		COMMER- CIAL (3)	HOME (4)	COMMER- CIAL (5)	HOME (6)			COMMER- CIAL (9)	HOME (10)	COMMER- CIAL (11)	HOME (12)		COMMER- CIAL (14)	HOME (15)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-----	4.658	.887	.385	.119	.094	.057	.999	.249	.001	.086	*	.282	.014	.007
SPRING-----	4.053	1.031	.398	.159	.130	.054	1.000	.223	.004	.103	.001	.286	.029	.020
SUMMER-----	5.115	.860	.142	.119	.056	.057	.815	.203	.000	.101	.000	.573	.012	.000
FALL-----	4.232	.609	.451	.076	.067	.064	.732	.238	.000	.060	.000	.150	.011	.000
WINTER-----	5.373	1.089	.650	.117	.133	.052	1.627	.369	.000	.073	.000	.008	.000	.008
UNDER 3,000-----	5.172	.730	.560	.034	.124	.014	.963	.254	.010	.025	.000	.314	.009	.014
3,000-4,999-----	4.093	.749	.354	.132	.087	.048	.955	.236	.000	.102	.001	.155	.013	.011
5,000-6,999-----	4.488	.766	.401	.082	.083	.045	.995	.221	.000	.063	.000	.280	.016	.008
7,000-9,999-----	5.107	1.106	.203	.157	.028	.033	.863	.199	.000	.101	.000	.481	.007	.000
10,000 AND OVER----	5.160	1.059	.549	.149	.185	.140	1.180	.316	.000	.109	.000	.226	.017	.005

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

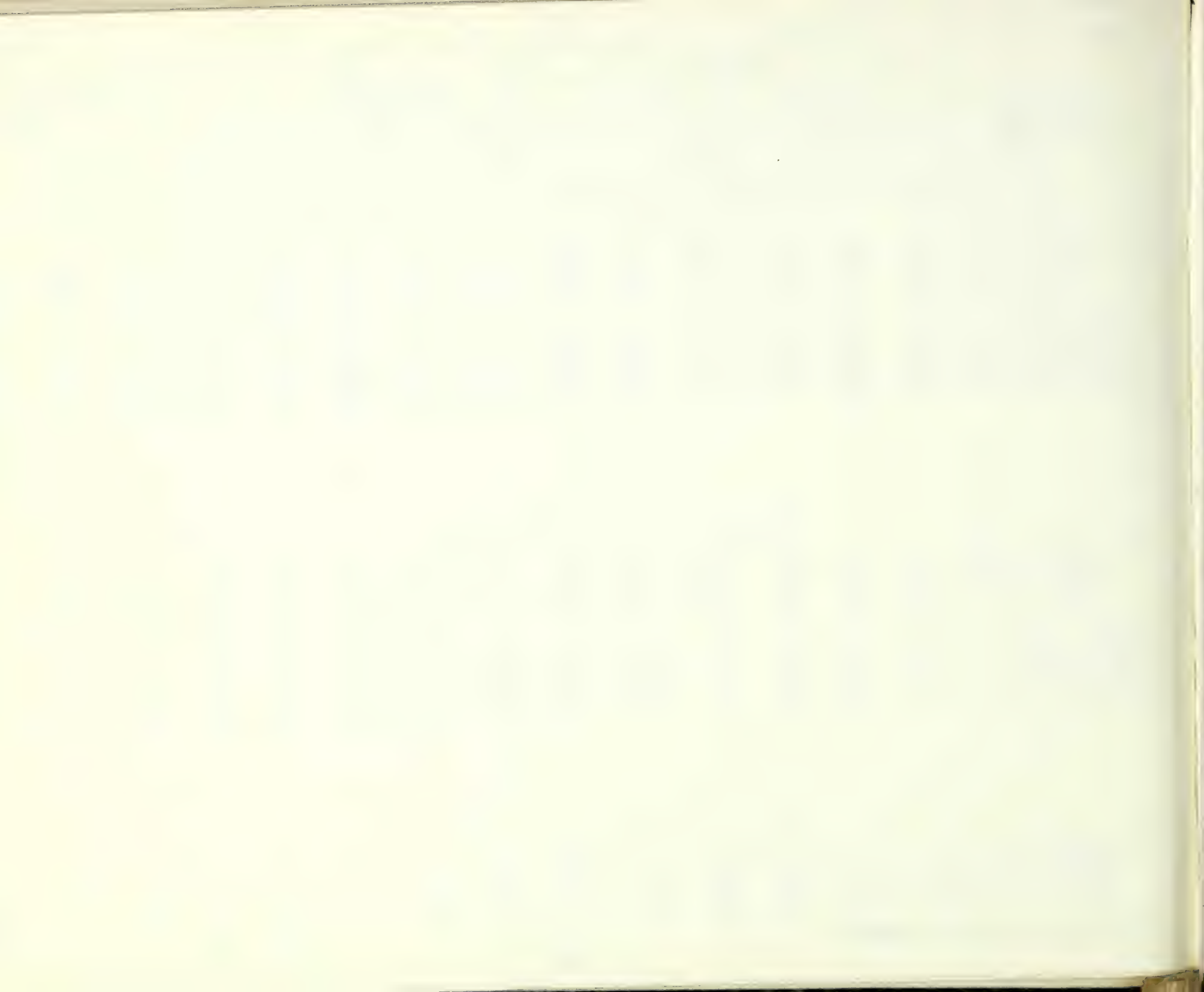
ALL HOUSEHOLDS, YEAR-----	.834	.177	.094	.058	.036	.022	.202	.045	*	.045	*	.059	.006	.003
SPRING-----	.811	.203	.088	.072	.043	.021	.199	.043	.001	.051	*	.090	.011	.007
SUMMER-----	.853	.177	.037	.062	.022	.020	.158	.039	.000	.055	.000	.086	.004	.000
FALL-----	.728	.121	.118	.045	.031	.026	.143	.041	.000	.037	.000	.038	.005	.000
WINTER-----	.973	.216	.159	.049	.053	.023	.351	.062	.000	.030	.000	.004	.000	.004
UNDER 3,000-----	.910	.148	.145	.012	.033	.005	.217	.056	.004	.008	.000	.099	.004	.007
3,000-4,999-----	.767	.163	.087	.066	.035	.017	.187	.040	.000	.051	*	.045	.006	.004
5,000-6,999-----	.760	.158	.090	.041	.032	.013	.201	.042	.000	.033	.000	.055	.006	.003
7,000-9,999-----	.843	.203	.056	.079	.012	.011	.175	.035	.000	.053	.000	.073	.003	.000
10,000 AND OVER----	1.007	.213	.134	.071	.074	.064	.238	.056	.000	.059	.000	.051	.007	.002

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	98.6	71.1	30.3	32.4	11.3	21.8	73.2	24.6	.7	26.1	.7	37.3	7.0	2.8
SUMMER-----	100.0	64.7	21.6	33.3	3.9	21.6	66.7	27.5	.0	29.4	.0	41.2	3.9	.0
FALL-----	97.8	67.4	28.3	21.7	10.9	23.9	71.7	30.4	.0	17.4	.0	10.9	4.3	.0
WINTER-----	95.0	62.5	37.5	22.5	17.5	25.0	87.5	27.5	.0	17.5	.0	2.5	.0	2.5

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



HOME-PRODUCED

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ALL FRUIT						CITRUS				OTHER VITAMIN-C RICH #			
	TOTAL #	CANNED		FROZEN		DRIED	TOTAL (JUICE EQUIV- ALENT) #	CANNED		FROZEN		TOTAL #	FROZEN	
		COMMER- CIAL	HOME	COMMER- CIAL	HOME			COMMER- CIAL	HOME	COMMER- CIAL	HOME			
(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.806	.000	.296	.000	.084	.001	.005	.000	.000	.000	.000	.045	.000	.006
SPRING-----	.648	.000	.304	.000	.107	.003	.019	.000	.000	.000	.000	.066	.000	.016
SUMMER-----	.757	.000	.061	.000	.056	.000	.000	.000	.000	.000	.000	.049	.000	.000
FALL-----	.894	.000	.359	.000	.056	.000	.000	.000	.000	.000	.000	.044	.000	.000
WINTER-----	.987	.000	.557	.000	.133	.000	.000	.000	.000	.000	.000	.008	.000	.008
UNDER 3,000-----	1.591	.000	.526	.000	.124	.000	.000	.000	.000	.000	.000	.142	.000	.014
3,000-4,999-----	.836	.000	.285	.000	.079	.000	.001	.000	.000	.000	.000	.033	.000	.011
5,000-6,999-----	.675	.000	.255	.000	.083	.001	.003	.000	.000	.000	.000	.069	.000	.008
7,000-9,999-----	.656	.000	.107	.000	.021	.002	.019	.000	.000	.000	.000	.019	.000	.000
10,000 AND OVER----	.818	.000	.477	.000	.155	.000	.001	.000	.000	.000	.000	.015	.000	.006

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

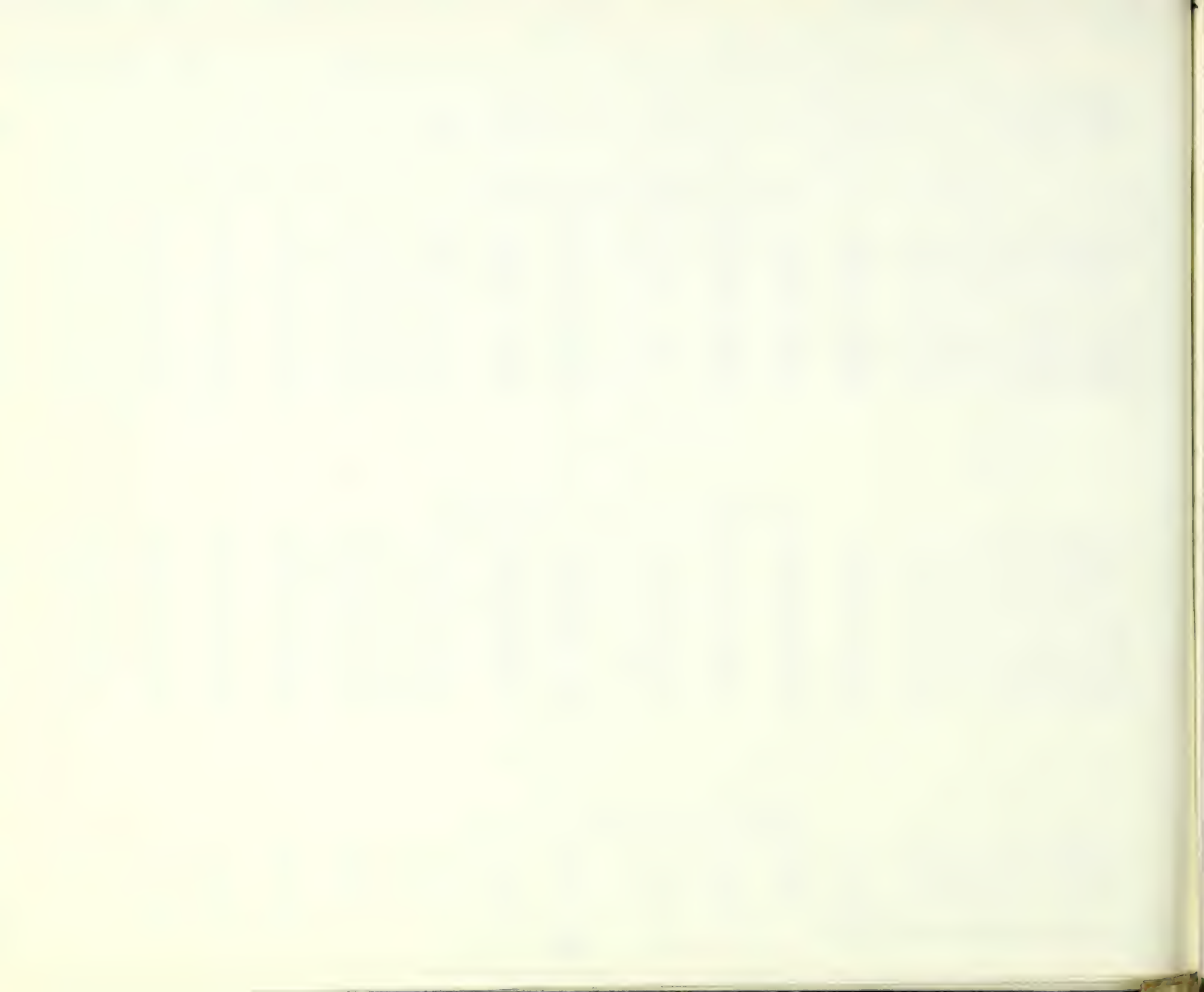
ALL HOUSEHOLDS, YEAR-	.180	.000	.072	.000	.033	*	.003	.000	.000	.000	.000	.016	.000	.002
SPRING-----	.160	.000	.067	.000	.035	.001	.009	.000	.000	.000	.000	.027	.000	.006
SUMMER-----	.134	.000	.012	.000	.022	.000	.000	.000	.000	.000	.000	.010	.000	.000
FALL-----	.204	.000	.095	.000	.026	.000	.000	.000	.000	.000	.000	.023	.000	.000
WINTER-----	.245	.000	.139	.000	.053	.000	.000	.000	.000	.000	.000	.004	.000	.004
UNDER 3,000-----	.362	.000	.137	.000	.033	.000	.000	.000	.000	.000	.000	.072	.000	.007
3,000-4,999-----	.177	.000	.069	.000	.033	.000	.001	.000	.000	.000	.000	.013	.000	.004
5,000-6,999-----	.151	.000	.059	.000	.032	*	.003	.000	.000	.000	.000	.015	.000	.003
7,000-9,999-----	.117	.000	.023	.000	.008	.001	.007	.000	.000	.000	.000	.008	.000	.000
10,000 AND OVER----	.219	.000	.118	.000	.063	.000	.001	.000	.000	.000	.000	.006	.000	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	43.7	.0	24.6	.0	8.5	1.4	4.9	.0	.0	.0	.0	7.0	.0	2.1
SUMMER-----	45.1	.0	13.7	.0	3.9	.0	.0	.0	.0	.0	.0	2.0	.0	.0
FALL-----	34.8	.0	21.7	.0	8.7	.0	.0	.0	.0	.0	.0	2.2	.0	.0
WINTER-----	50.0	.0	35.0	.0	17.5	.0	.0	.0	.0	.0	.0	2.5	.0	2.5

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



--CONTINUED

HOME-PRODUCED

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	OTHER						MIX- TURES (22)
	TOTAL # (16)	CANNED		FROZEN		DRIED (21)	
		COMMER- CIAL (17)	HOME (18)	COMMER- CIAL (19)	HOME (20)		

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	.750	.000	.296	.000	.079	.001	.000
SPRING-----	.542	.000	.304	.000	.091	.003	.000
SUMMER-----	.707	.000	.061	.000	.056	.000	.000
FALL-----	.850	.000	.359	.000	.056	.000	.000
WINTER-----	.980	.000	.557	.000	.126	.000	.000
UNDER 3,000-----	1.449	.000	.526	.000	.109	.000	.000
3,000-4,999-----	.801	.000	.285	.000	.068	.000	.000
5,000-6,999-----	.595	.000	.255	.000	.075	.001	.000
7,000-9,999-----	.605	.000	.107	.000	.021	.002	.000
10,000 AND OVER----	.799	.000	.477	.000	.155	.000	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.161	.000	.072	.000	.030	*	.000
SPRING-----	.124	.000	.067	.000	.030	.001	.000
SUMMER-----	.124	.000	.012	.000	.022	.000	.000
FALL-----	.181	.000	.095	.000	.026	.000	.000
WINTER-----	.241	.000	.139	.000	.049	.000	.000
UNDER 3,000-----	.290	.000	.137	.000	.026	.000	.000
3,000-4,999-----	.164	.000	.069	.000	.029	.000	.000
5,000-6,999-----	.133	.000	.059	.000	.030	*	.000
7,000-9,999-----	.102	.000	.023	.000	.008	.001	.000
10,000 AND OVER----	.212	.000	.118	.000	.063	.000	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS							
SPRING-----	39.4	.0	24.6	.0	7.7	1.4	.0
SUMMER-----	43.1	.0	13.7	.0	3.9	.0	.0
FALL-----	34.8	.0	21.7	.0	8.7	.0	.0
WINTER-----	47.5	.0	35.0	.0	15.0	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ENRICHED, WHOLE GRAIN					NOT ENRICHED OR WHOLE GRAIN					
	TOTAL (FLOUR EQUIV- ALENT) ‡	FLOUR	CEREAL, PASTES	BREAD	OTHER BAKERY PROD- UCTS	TOTAL (FLOUR EQUIV- ALENT) ‡	FLOUR	CEREAL, PASTES	BREAD	OTHER BAKERY PROD- UCTS	SOUP, MIX- TURES
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
QUANTITY PER PERSON PER WEEK (POUNDS)											
ALL HOUSEHOLDS, YEAR-----	1.858	.476	.608	1.144	.176	.535	.129	.075	.124	.533	.259
SPRING-----	1.902	.441	.647	1.180	.203	.575	.138	.083	.142	.587	.235
SUMMER-----	1.766	.474	.570	1.103	.133	.519	.107	.057	.132	.544	.259
FALL-----	1.996	.587	.627	1.145	.184	.545	.136	.089	.123	.523	.282
WINTER-----	1.766	.398	.586	1.149	.185	.500	.136	.071	.098	.477	.259
UNDER 1,000-----	2.425	.732	.850	1.297	.118	.526	.096	.098	.164	.518	.337
1,000-1,999-----	2.003	.842	.578	.888	.108	.492	.093	.045	.135	.508	.264
2,000-2,999-----	2.048	.710	.703	.911	.171	.506	.160	.051	.115	.447	.252
3,000-3,999-----	1.981	.573	.604	1.160	.213	.472	.117	.072	.093	.441	.207
4,000-4,999-----	2.122	.642	.657	1.241	.153	.437	.123	.063	.096	.431	.223
5,000-5,999-----	1.897	.481	.611	1.189	.177	.492	.111	.088	.103	.452	.259
6,000-6,999-----	1.734	.414	.605	1.060	.160	.606	.142	.105	.118	.656	.277
7,000-7,999-----	1.981	.438	.653	1.327	.199	.608	.162	.099	.099	.600	.334
8,000-8,999-----	1.810	.359	.563	1.284	.220	.546	.181	.060	.140	.556	.258
9,000-9,999-----	1.737	.485	.528	1.074	.158	.561	.132	.073	.177	.516	.278
10,000-14,999-----	1.672	.289	.606	1.160	.164	.564	.123	.074	.140	.593	.230
15,000 AND OVER-----	1.387	.285	.431	.953	.211	.644	.086	.048	.169	.710	.277
MONEY VALUE PER PERSON PER WEEK (DOLLARS)											
ALL HOUSEHOLDS, YEAR-----	.613	.057	.217	.274	.065	.471	.041	.019	.042	.268	.096
SPRING-----	.639	.053	.230	.283	.073	.503	.043	.021	.047	.295	.093
SUMMER-----	.579	.054	.208	.264	.053	.467	.037	.015	.043	.269	.092
FALL-----	.626	.069	.217	.273	.066	.482	.044	.019	.042	.266	.107
WINTER-----	.608	.050	.212	.277	.069	.433	.040	.019	.034	.244	.093
UNDER 1,000-----	.671	.073	.250	.314	.034	.472	.030	.019	.054	.267	.102
1,000-1,999-----	.546	.089	.181	.227	.049	.416	.031	.012	.041	.241	.082
2,000-2,999-----	.573	.078	.224	.216	.054	.389	.040	.012	.037	.215	.085
3,000-3,999-----	.612	.066	.216	.254	.075	.381	.036	.019	.030	.216	.069
4,000-4,999-----	.610	.067	.211	.279	.052	.364	.038	.014	.028	.206	.078
5,000-5,999-----	.600	.057	.202	.280	.061	.406	.037	.019	.035	.224	.091
6,000-6,999-----	.584	.051	.223	.252	.059	.537	.046	.024	.039	.321	.103
7,000-7,999-----	.699	.057	.243	.324	.074	.548	.054	.026	.036	.309	.113
8,000-8,999-----	.657	.046	.227	.306	.079	.539	.055	.019	.048	.293	.121
9,000-9,999-----	.584	.059	.199	.270	.056	.486	.036	.017	.060	.264	.103
10,000-14,999-----	.635	.041	.243	.283	.067	.514	.043	.019	.048	.302	.091
15,000 AND OVER-----	.583	.038	.190	.252	.103	.596	.029	.012	.062	.376	.115
PERCENT OF HOUSEHOLDS USING IN A WEEK											
ALL HOUSEHOLDS											
SPRING-----	99.1	69.0	91.1	91.2	46.2	94.4	28.3	27.8	29.4	85.4	43.7
SUMMER-----	99.0	74.1	91.3	88.9	42.5	95.9	28.6	22.9	27.8	88.6	46.9
FALL-----	99.3	76.3	92.7	91.0	48.6	97.0	30.3	31.3	31.1	86.5	47.3
WINTER-----	99.7	72.4	92.8	91.0	44.3	96.9	30.3	30.6	25.9	89.0	47.8

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	ENRICHED, WHOLE GRAIN					NOT ENRICHED OR WHOLE GRAIN					
	TOTAL (FLOUR EQUIV- ALENT) ‡	FLOUR	CEREAL, PASTES	BREAD	OTHER BAKERY PROD- UCTS	TOTAL (FLOUR EQUIV- ALENT) ‡	FLOUR	CEREAL, PASTES	BREAD	OTHER BAKERY PROD- UCTS	SOUP, MIX- TURES
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
QUANTITY PER PERSON PER WEEK (POUNDS)											
ALL HOUSEHOLDS, YEAR-	1.781	.413	.607	1.112	.184	.546	.128	.074	.133	.538	.271
SPRING-----	1.851	.376	.659	1.177	.208	.585	.129	.082	.150	.605	.239
SUMMER-----	1.641	.379	.564	1.054	.140	.543	.108	.062	.142	.558	.271
FALL-----	1.940	.535	.630	1.118	.200	.554	.141	.080	.135	.528	.304
WINTER-----	1.690	.361	.574	1.097	.188	.503	.135	.072	.104	.462	.271
UNDER 1,000-----	2.282	.545	.957	1.214	.097	.507	.097	.052	.145	.544	.351
1,000-1,999-----	1.726	.532	.548	.970	.128	.500	.092	.052	.158	.468	.273
2,000-2,999-----	1.996	.699	.683	.864	.185	.506	.133	.046	.136	.447	.271
3,000-3,999-----	1.891	.477	.626	1.114	.229	.472	.106	.069	.103	.432	.228
4,000-4,999-----	1.957	.531	.664	1.151	.145	.461	.112	.055	.122	.436	.243
5,000-5,999-----	1.852	.440	.618	1.155	.186	.492	.110	.087	.106	.439	.265
6,000-6,999-----	1.702	.384	.609	1.042	.166	.624	.152	.103	.124	.677	.299
7,000-7,999-----	1.941	.412	.667	1.272	.210	.605	.169	.098	.110	.584	.351
8,000-8,999-----	1.810	.352	.569	1.275	.228	.551	.169	.064	.145	.560	.262
9,000-9,999-----	1.679	.427	.525	1.073	.164	.574	.132	.074	.183	.526	.281
10,000-14,999-----	1.633	.274	.598	1.126	.171	.572	.125	.071	.145	.606	.238
15,000 AND OVER----	1.319	.259	.432	.884	.207	.661	.073	.049	.169	.730	.272
MONEY VALUE PER PERSON PER WEEK (DOLLARS)											
ALL HOUSEHOLDS, YEAR-	.607	.050	.218	.270	.069	.484	.041	.019	.045	.272	.101
SPRING-----	.640	.046	.232	.286	.076	.519	.041	.021	.051	.308	.094
SUMMER-----	.566	.045	.210	.255	.057	.484	.037	.017	.046	.275	.095
FALL-----	.627	.064	.219	.271	.073	.500	.046	.017	.045	.270	.118
WINTER-----	.597	.046	.210	.270	.070	.433	.040	.019	.037	.234	.099
UNDER 1,000-----	.675	.055	.284	.307	.030	.486	.031	.013	.052	.284	.106
1,000-1,999-----	.547	.058	.181	.250	.058	.394	.033	.013	.048	.212	.079
2,000-2,999-----	.568	.075	.222	.215	.056	.405	.031	.012	.043	.227	.092
3,000-3,999-----	.622	.055	.227	.256	.085	.388	.035	.018	.034	.213	.074
4,000-4,999-----	.585	.055	.209	.267	.054	.374	.033	.014	.035	.206	.085
5,000-5,999-----	.591	.053	.199	.276	.063	.403	.036	.019	.035	.220	.092
6,000-6,999-----	.583	.048	.225	.249	.061	.561	.050	.023	.042	.330	.112
7,000-7,999-----	.689	.055	.248	.308	.078	.557	.055	.026	.040	.302	.123
8,000-8,999-----	.662	.043	.230	.305	.083	.549	.051	.021	.051	.297	.126
9,000-9,999-----	.580	.054	.200	.268	.058	.492	.035	.017	.061	.267	.105
10,000-14,999-----	.627	.039	.239	.279	.070	.526	.043	.018	.049	.309	.094
15,000 AND OVER----	.561	.035	.191	.231	.104	.604	.023	.013	.065	.384	.117
PERCENT OF HOUSEHOLDS USING IN A WEEK											
ALL HOUSEHOLDS											
SPRING-----	99.0	67.3	90.8	91.0	47.1	94.8	25.4	27.6	30.7	85.7	43.7
SUMMER-----	98.8	71.4	91.3	88.9	44.0	96.0	29.0	24.2	29.0	88.9	47.6
FALL-----	99.2	74.3	93.1	91.2	51.3	97.3	29.9	28.4	33.3	88.5	49.0
WINTER-----	99.6	70.5	92.7	90.2	44.0	97.1	29.5	29.8	26.5	89.1	49.1

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ENRICHED, WHOLE GRAIN					NOT ENRICHED OR WHOLE GRAIN					
	TOTAL (FLOUR EQUIV- ALENT) ‡ (2)	FLOUR (3)	CEREAL, PASTES (4)	BREAD (5)	OTHER BAKERY PROD- UCTS (6)	TOTAL (FLOUR EQUIV- ALENT) ‡ (7)	FLOUR (8)	CEREAL, PASTES (9)	BREAD (10)	OTHER BAKERY PROD- UCTS (11)	SOUP, MIX- TURES (12)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	2.338	.848	.631	1.325	.139	.465	.125	.081	.069	.506	.190
SPRING-----	2.162	.800	.581	1.140	.186	.513	.187	.092	.096	.460	.216
SUMMER-----	2.549	1.076	.625	1.362	.089	.366	.092	.020	.075	.474	.213
FALL-----	2.327	.913	.629	1.222	.098	.499	.086	.141	.064	.487	.164
WINTER-----	2.323	.608	.687	1.591	.185	.473	.136	.061	.041	.605	.169
UNDER 3,000-----	2.634	1.358	.717	.838	.112	.479	.147	.074	.091	.494	.225
3,000-4,999-----	2.475	.929	.567	1.476	.183	.432	.152	.084	.046	.471	.164
5,000-6,999-----	2.089	.660	.577	1.352	.119	.495	.093	.109	.079	.524	.193
7,000-9,999-----	2.175	.672	.529	1.529	.128	.533	.147	.055	.035	.630	.209
10,000 AND OVER----	2.095	.247	.797	1.688	.109	.373	.087	.108	.036	.361	.191

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.647	.095	.214	.294	.044	.400	.038	.018	.022	.254	.067
SPRING-----	.619	.090	.220	.254	.055	.404	.054	.023	.026	.214	.087
SUMMER-----	.650	.117	.186	.320	.027	.379	.031	.002	.021	.238	.082
FALL-----	.610	.098	.216	.268	.027	.380	.029	.030	.028	.240	.053
WINTER-----	.713	.075	.232	.339	.067	.438	.040	.015	.013	.323	.048
UNDER 3,000-----	.566	.140	.201	.186	.040	.405	.041	.014	.026	.246	.078
3,000-4,999-----	.634	.104	.193	.291	.046	.367	.045	.019	.013	.232	.059
5,000-6,999-----	.636	.077	.213	.300	.047	.408	.030	.023	.031	.256	.068
7,000-9,999-----	.701	.080	.196	.379	.046	.462	.050	.014	.009	.330	.059
10,000 AND OVER----	.844	.037	.340	.430	.038	.305	.034	.028	.010	.143	.089

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS											
SPRING-----	100.0	78.6	93.3	92.1	39.3	89.9	48.3	29.2	20.2	83.1	44.9
SUMMER-----	100.0	92.9	92.9	89.3	32.1	96.4	21.4	10.7	21.4	85.7	46.4
FALL-----	100.0	88.6	88.6	88.6	28.6	94.3	28.6	48.6	17.1	71.4	40.0
WINTER-----	100.0	83.3	93.3	100.0	50.0	96.7	33.3	36.7	20.0	90.0	33.3

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 17.--GRAIN PRODUCTS
ALL SOURCES

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ENRICHED, WHOLE GRAIN					NOT ENRICHED OR WHOLE GRAIN					
	TOTAL (FLOUR EQUIV- ALENT) ‡ (2)	FLOUR (3)	CEREAL, PASTES (4)	BREAD (5)	OTHER BAKERY PROD- UCTS (6)	TOTAL (FLOUR EQUIV- ALENT) ‡ (7)	FLOUR (8)	CEREAL, PASTES (9)	BREAD (10)	OTHER BAKERY PROD- UCTS (11)	SOUP, MIX- TURES (12)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	2.167	.766	.556	1.337	.116	.491	.173	.085	.087	.492	.182
SPRING-----	2.260	.798	.589	1.355	.145	.553	.190	.086	.087	.549	.214
SUMMER-----	2.285	.845	.547	1.424	.104	.430	.132	.064	.079	.454	.145
FALL-----	2.190	.713	.537	1.521	.105	.494	.198	.126	.054	.535	.140
WINTER-----	1.828	.673	.549	.936	.108	.493	.175	.059	.143	.413	.249
UNDER 3,000-----	2.202	.767	.467	1.575	.103	.644	.258	.097	.050	.616	.203
3,000-4,999-----	2.499	1.042	.669	1.258	.095	.340	.163	.085	.008	.328	.094
5,000-6,999-----	2.083	.758	.560	1.176	.134	.456	.121	.077	.080	.489	.183
7,000-9,999-----	2.069	.578	.593	1.408	.123	.588	.246	.109	.129	.524	.276
10,000 AND OVER----	2.121	.711	.478	1.478	.132	.560	.163	.082	.170	.554	.169

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.638	.085	.206	.301	.046	.400	.056	.019	.029	.231	.063
SPRING-----	.670	.090	.217	.309	.054	.441	.061	.017	.029	.240	.091
SUMMER-----	.654	.092	.209	.306	.046	.345	.049	.014	.021	.212	.043
FALL-----	.657	.083	.193	.342	.039	.409	.058	.031	.024	.250	.046
WINTER-----	.546	.071	.204	.227	.043	.414	.058	.013	.047	.220	.076
UNDER 3,000-----	.631	.091	.173	.332	.034	.419	.073	.023	.013	.222	.069
3,000-4,999-----	.639	.107	.225	.272	.035	.252	.050	.017	.002	.147	.036
5,000-6,999-----	.621	.085	.215	.267	.054	.381	.044	.017	.032	.221	.067
7,000-9,999-----	.686	.067	.218	.349	.052	.479	.079	.030	.043	.236	.091
10,000 AND OVER----	.649	.085	.196	.313	.055	.501	.059	.015	.052	.321	.053

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS											
SPRING-----	99.3	85.9	92.3	93.7	43.7	95.8	47.9	29.6	23.9	85.9	39.4
SUMMER-----	100.0	88.2	88.2	88.2	33.3	92.2	39.2	23.5	15.7	90.2	31.4
FALL-----	100.0	87.0	97.8	95.7	45.7	97.8	47.8	47.8	19.6	87.0	26.1
WINTER-----	100.0	95.0	92.5	85.0	35.0	90.0	47.5	35.0	27.5	82.5	57.5

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 17.--GRAIN PRODUCTS
HOME-PRODUCED

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	ENRICHED, WHOLE GRAIN					NOT ENRICHED OR WHOLE GRAIN					
	TOTAL (FLOUR EQUIV- ALENT) ‡	FLOUR	CEREAL, PASTES	BREAD	OTHER BAKERY PROD- UCTS	TOTAL (FLOUR EQUIV- ALENT) ‡	FLOUR	CEREAL, PASTES	BREAD	OTHER BAKERY PROD- UCTS	SOUP, MIX- TURES
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-*	*	*	.000	.000	.000	.000	.000	.000	.000	.000	.000
SPRING-----*	*	*	.000	.000	.000	.000	.000	.000	.000	.000	.000
SUMMER-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
FALL-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
WINTER-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
UNDER 3,000-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
3,000-4,999-----*	*	.001	.000	.000	.000	.000	.000	.000	.000	.000	.000
5,000-6,999-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
7,000-9,999-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
10,000 AND OVER----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-*	*	*	.000	.000	.000	.000	.000	.000	.000	.000	.000
SPRING-----*	*	*	.000	.000	.000	.000	.000	.000	.000	.000	.000
SUMMER-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
FALL-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
WINTER-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
UNDER 3,000-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
3,000-4,999-----*	*	*	.000	.000	.000	.000	.000	.000	.000	.000	.000
5,000-6,999-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
7,000-9,999-----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
10,000 AND OVER----	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS											
SPRING-----	.7	.7	.0	.0	.0	.0	.0	.0	.0	.0	.0
SUMMER-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
FALL-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0
WINTER-----	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0	.0

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD

WEST

ALL ORGANIZATIONS

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	FATS, OILS						SUGAR, SWEETS				OTHER FOOD			
	TOTAL	BUTTER	MARGA- RINE	OIL, SALAD DRESS- ING	LARD	VEGE- TABLE SHORT- ENING	TOTAL (SUGAR EQUIV- ALENT) ‡	SUGAR, SIRUP, JELLY, CANDY	OTHER SWEETS (SUGAR EQUIVALENT) ‡		TOTAL ‡	ALCO- HOLIC BEVERAGE	SOME NU- TRITIVE VALUE ‡	NO NU- TRITIVE VALUE ‡
									VIT. C ADDED	VIT. C ADDED				
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
QUANTITY PER PERSON PER WEEK (POUNDS)														
ALL HOUSEHOLDS, YEAR-	.794	.106	.272	.285	.028	.102	1.230	1.007	.052	.170	**	.797	.311	**
SPRING-----	.780	.111	.269	.279	.029	.092	1.234	1.008	.048	.177	**	.762	.238	**
SUMMER-----	.816	.105	.270	.298	.031	.112	1.254	.978	.084	.192	**	.982	.236	**
FALL-----	.825	.115	.263	.299	.035	.114	1.309	1.100	.043	.166	**	.725	.338	**
WINTER-----	.752	.093	.286	.265	.019	.089	1.118	.941	.034	.144	**	.719	.292	**
UNDER 1,000-----	.809	.088	.295	.211	.139	.076	1.420	1.252	.027	.141	**	.302	.453	**
1,000-1,999-----	.728	.077	.260	.178	.153	.060	1.191	1.017	.053	.121	**	.196	.295	**
2,000-2,999-----	.711	.100	.261	.198	.062	.090	1.141	.974	.033	.135	**	.604	.313	**
3,000-3,999-----	.843	.066	.337	.301	.035	.105	1.232	1.039	.032	.160	**	.521	.298	**
4,000-4,999-----	.752	.062	.293	.232	.033	.132	1.267	1.020	.053	.194	**	.435	.278	**
5,000-5,999-----	.792	.091	.275	.284	.023	.119	1.283	1.062	.069	.151	**	.694	.255	**
6,000-6,999-----	.766	.112	.255	.265	.017	.116	1.327	1.116	.047	.163	**	.657	.295	**
7,000-7,999-----	.847	.087	.322	.313	.005	.121	1.269	1.014	.061	.195	**	1.104	.360	**
8,000-8,999-----	.807	.115	.303	.297	.007	.084	1.245	1.015	.058	.171	**	1.127	.295	**
9,000-9,999-----	.924	.132	.260	.402	.024	.105	1.286	1.096	.039	.151	**	.778	.344	**
10,000-14,999-----	.722	.123	.222	.296	.007	.073	1.116	.881	.052	.184	**	1.170	.312	**
15,000 AND OVER----	.900	.240	.184	.365	.012	.098	1.139	.874	.052	.213	**	1.186	.306	**
MONEY VALUE PER PERSON PER WEEK (DOLLARS)														
ALL HOUSEHOLDS, YEAR-	.300	.078	.078	.103	.006	.034	.521	.279	.039	.203	.796	.444	.263	.039
SPRING-----	.303	.082	.076	.106	.006	.033	.530	.274	.036	.221	.842	.489	.266	.087
SUMMER-----	.292	.077	.072	.102	.006	.035	.537	.256	.049	.232	.845	.485	.258	.102
FALL-----	.320	.085	.078	.110	.008	.039	.546	.313	.039	.194	.727	.371	.271	.085
WINTER-----	.285	.070	.085	.096	.005	.029	.468	.272	.032	.164	.771	.433	.255	.083
UNDER 1,000-----	.287	.067	.087	.073	.034	.026	.529	.337	.027	.166	.621	.162	.335	.123
1,000-1,999-----	.250	.054	.082	.064	.030	.021	.419	.241	.041	.137	.460	.069	.279	.112
2,000-2,999-----	.269	.073	.077	.070	.013	.036	.409	.224	.029	.156	.666	.297	.239	.061
3,000-3,999-----	.271	.050	.086	.094	.009	.032	.490	.271	.028	.191	.578	.211	.295	.072
4,000-4,999-----	.248	.045	.078	.080	.007	.037	.517	.253	.039	.225	.438	.142	.247	.049
5,000-5,999-----	.286	.066	.074	.103	.005	.038	.504	.286	.046	.172	.600	.302	.225	.073
6,000-6,999-----	.287	.082	.070	.093	.004	.038	.551	.293	.038	.220	.641	.297	.239	.105
7,000-7,999-----	.314	.063	.090	.116	.001	.043	.571	.298	.045	.228	.815	.457	.271	.086
8,000-8,999-----	.314	.084	.095	.107	.002	.026	.551	.309	.040	.232	.923	.567	.258	.098
9,000-9,999-----	.380	.101	.076	.161	.007	.037	.531	.334	.024	.173	.835	.461	.298	.076
10,000-14,999-----	.301	.092	.070	.111	.002	.026	.527	.266	.040	.222	1.187	.803	.274	.110
15,000 AND OVER----	.447	.187	.068	.151	.003	.039	.591	.303	.045	.243	1.684	1.250	.273	.161
PERCENT OF HOUSEHOLDS USING IN A WEEK														
ALL HOUSEHOLDS	99.1	42.9	73.0	82.5	6.9	38.9	98.1	95.9	21.7	77.0	97.0	40.8	93.7	42.5
SPRING-----	99.7	39.8	75.4	86.8	4.6	43.5	98.3	96.6	31.8	83.0	96.2	48.3	94.5	44.8
SUMMER-----	99.3	45.3	76.3	88.6	7.6	49.3	99.0	98.0	22.7	77.7	98.4	44.0	96.7	42.7
FALL-----	99.0	37.5	81.1	82.9	5.9	39.0	99.0	97.8	18.8	69.9	97.8	41.5	97.1	36.0
WINTER-----														

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD

WEST

URBAN

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965	FATS, OILS						SUGAR, SWEETS				OTHER FOOD			
	TOTAL	BUTTER	MARGA- RINE	OIL, SALAD DRESS- ING	LARD	VEGE- TABLE SHORT- ENING	TOTAL (SUGAR EQUIV- ALENT) ‡	SUGAR, SIRUP, JELLY, CANDY	OTHER SWEETS (SUGAR EQUIVALENT) ‡		TOTAL ‡	ALCO- HOLIC BEVERAGE	SOME NU- TRITIVE VALUE ‡	NO NU- TRITIVE VALUE ‡
									VIT. C ADDED (10)	NO VIT. C ADDED (11)				
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)
QUANTITY PER PERSON PER WEEK (POUNDS)														
ALL HOUSEHOLDS, YEAR-	.768	.107	.261	.287	.020	.094	1.195	.971	.051	.172	**	.845	.294	**
SPRING-----	.765	.111	.268	.281	.016	.088	1.194	.972	.045	.177	**	.802	.286	**
SUMMER-----	.783	.103	.262	.303	.015	.100	1.194	.917	.081	.196	**	1.075	.279	**
FALL-----	.795	.123	.244	.296	.029	.104	1.304	1.083	.046	.175	**	.765	.325	**
WINTER-----	.727	.090	.268	.267	.018	.084	1.084	.911	.033	.140	**	.739	.285	**
UNDER 1,000-----	.768	.093	.311	.226	.065	.073	1.413	1.222	.024	.167	**	.363	.322	**
1,000-1,999-----	.648	.061	.297	.164	.070	.056	1.056	.893	.029	.134	**	.220	.296	**
2,000-2,999-----	.661	.090	.253	.190	.057	.071	1.067	.900	.030	.137	**	.642	.296	**
3,000-3,999-----	.805	.069	.320	.305	.028	.082	1.195	.983	.039	.173	**	.624	.296	**
4,000-4,999-----	.696	.059	.272	.221	.027	.117	1.260	1.003	.058	.200	**	.528	.264	**
5,000-5,999-----	.755	.087	.254	.281	.019	.115	1.222	1.007	.067	.148	**	.758	.254	**
6,000-6,999-----	.745	.114	.241	.264	.017	.109	1.281	1.070	.045	.166	**	.624	.295	**
7,000-7,999-----	.823	.093	.309	.310	.003	.108	1.233	.972	.066	.195	**	1.120	.318	**
8,000-8,999-----	.810	.121	.301	.306	.004	.077	1.249	1.023	.059	.167	**	1.079	.293	**
9,000-9,999-----	.927	.132	.265	.418	.006	.106	1.305	1.109	.040	.156	**	.787	.340	**
10,000-14,999-----	.705	.121	.216	.291	.006	.071	1.101	.867	.051	.183	**	1.228	.322	**
15,000 AND OVER----	.869	.224	.167	.364	.013	.101	1.075	.804	.053	.218	**	1.284	.294	**
MONEY VALUE PER PERSON PER WEEK (DOLLARS)														
ALL HOUSEHOLDS, YEAR-	.296	.079	.076	.105	.004	.032	.519	.274	.038	.207	.839	.485	.260	.093
SPRING-----	.301	.082	.077	.108	.004	.031	.519	.268	.033	.218	.896	.536	.267	.092
SUMMER-----	.284	.075	.070	.105	.003	.031	.529	.243	.048	.237	.907	.544	.257	.106
FALL-----	.318	.091	.074	.110	.006	.036	.562	.314	.041	.206	.751	.397	.266	.088
WINTER-----	.281	.068	.083	.097	.005	.028	.466	.269	.031	.165	.803	.467	.249	.086
UNDER 1,000-----	.279	.070	.092	.079	.017	.022	.557	.340	.027	.190	.638	.195	.328	.115
1,000-1,999-----	.233	.043	.095	.062	.013	.020	.384	.224	.018	.142	.494	.079	.291	.124
2,000-2,999-----	.254	.067	.077	.069	.012	.029	.381	.194	.028	.159	.628	.304	.262	.062
3,000-3,999-----	.268	.053	.084	.097	.008	.027	.500	.262	.033	.204	.631	.252	.295	.084
4,000-4,999-----	.230	.043	.075	.075	.006	.031	.522	.248	.041	.233	.464	.176	.236	.052
5,000-5,999-----	.276	.063	.069	.103	.004	.037	.485	.272	.044	.169	.635	.331	.227	.077
6,000-6,999-----	.281	.083	.066	.093	.004	.034	.549	.284	.037	.229	.636	.294	.233	.109
7,000-7,999-----	.313	.068	.089	.116	.001	.040	.577	.297	.048	.232	.818	.469	.262	.087
8,000-8,999-----	.318	.088	.095	.109	.001	.024	.557	.317	.042	.197	.950	.585	.265	.100
9,000-9,999-----	.384	.101	.077	.167	.002	.037	.542	.339	.025	.179	.848	.478	.295	.075
10,000-14,999-----	.296	.090	.068	.111	.001	.026	.526	.266	.038	.222	1.237	.843	.279	.116
15,000 AND OVER----	.434	.176	.064	.151	.003	.041	.589	.287	.048	.254	1.785	1.357	.263	.165
PERCENT OF HOUSEHOLDS USING IN A WEEK														
ALL HOUSEHOLDS														
SPRING-----	99.1	43.5	72.6	82.7	4.3	37.9	97.9	95.5	21.0	76.3	97.0	42.2	93.2	42.3
SUMMER-----	99.6	40.5	74.2	88.9	3.2	41.3	98.0	96.4	31.3	83.7	96.4	50.0	94.8	45.2
FALL-----	99.2	47.5	74.7	90.8	5.0	46.4	98.9	98.1	23.0	79.3	98.1	47.1	96.2	42.9
WINTER-----	98.9	38.2	80.4	81.8	5.5	37.8	98.9	97.5	18.2	70.2	97.8	43.6	97.1	35.3

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD

WEST

RURAL NONFARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	FATS, OILS						SUGAR, SWEETS				OTHER FOOD			
	TOTAL	BUTTER	MARGA- RINE	OIL, SALAD DRESS- ING	LARD	VEGE- TABLE SHORT- ENING	TOTAL (SUGAR EQUIV- ALENT) ‡	SUGAR, SIRUP, JELLY, CANDY	OTHER SWEETS (SUGAR EQUIVALENT) ‡		TOTAL ‡	ALCO- HOLIC BEVERAGE	SOME NU- TRITIVE VALUE ‡	NO NU- TRITIVE VALUE ‡
									VIT. C ADDED	NO VIT. C ADDED				
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-	.947	.091	.340	.276	.080	.160	1.358	1.142	.054	.162	**	.540	.349	**
SPRING-----	.843	.092	.260	.264	.110	.117	1.374	1.128	.061	.185	**	.533	.290	**
SUMMER-----	1.006	.105	.287	.261	.137	.218	1.497	1.231	.090	.176	**	.432	.328	**
FALL-----	1.017	.060	.380	.328	.065	.183	1.262	1.111	.030	.120	**	.544	.438	**
WINTER-----	.917	.112	.427	.245	.012	.121	1.316	1.104	.040	.172	**	.646	.334	**
UNDER 3,000-----	.910	.104	.207	.202	.294	.103	1.423	1.263	.068	.092	**	.320	.459	**
3,000-4,999-----	.932	.041	.382	.274	.036	.199	1.198	1.013	.025	.161	**	.118	.309	**
5,000-6,999-----	.998	.101	.407	.289	.034	.166	1.646	1.408	.072	.166	**	.564	.264	**
7,000-9,999-----	.893	.049	.351	.276	.044	.173	1.231	1.018	.025	.188	**	1.273	.522	**
10,000 AND OVER----	1.056	.299	.215	.428	.013	.101	1.068	.834	.027	.208	**	.190	.199	**

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-	.313	.066	.086	.092	.017	.052	.514	.288	.041	.185	.549	.215	.272	.061
SPRING-----	.293	.066	.068	.095	.022	.042	.593	.286	.051	.256	.540	.241	.243	.051
SUMMER-----	.322	.075	.073	.078	.029	.067	.547	.310	.048	.190	.454	.137	.249	.058
FALL-----	.330	.043	.100	.108	.016	.062	.448	.283	.028	.137	.627	.252	.307	.068
WINTER-----	.306	.082	.102	.084	.002	.036	.474	.275	.039	.161	.563	.226	.261	.056
UNDER 3,000-----	.296	.072	.058	.063	.061	.042	.466	.284	.059	.123	.624	.176	.322	.126
3,000-4,999-----	.274	.030	.090	.088	.007	.059	.464	.255	.021	.188	.348	.038	.283	.027
5,000-6,999-----	.343	.074	.107	.100	.008	.055	.599	.366	.053	.180	.479	.199	.229	.050
7,000-9,999-----	.295	.037	.088	.101	.013	.056	.456	.239	.021	.196	.795	.422	.284	.088
10,000 AND OVER----	.451	.218	.057	.142	.004	.030	.499	.225	.040	.234	.620	.338	.239	.043

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	98.9	34.8	75.3	80.9	25.8	43.8	100.0	98.9	24.7	80.9	96.6	30.3	96.0	43.8
SUMMER-----	100.0	35.7	85.7	67.9	10.7	60.7	100.0	96.4	32.1	78.6	92.9	35.7	89.3	42.9
FALL-----	100.0	31.4	88.6	71.4	22.9	74.3	100.0	97.1	22.9	68.6	100.0	25.7	100.0	42.9
WINTER-----	100.0	30.0	86.7	90.0	6.7	46.7	100.0	100.0	23.3	70.0	96.7	23.3	96.7	43.3

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD ALL SOURCES

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	FATS, OILS						SUGAR, SWEETS				OTHER FOOD			
	TOTAL	BUTTER	MARGA- RINE	OIL, SALAD DRESS- ING	LARD	VEGE- TABLE SHORT- ENING	TOTAL (SUGAR EQUIV- ALENT) ‡	SUGAR, SIRUP, JELLY, CANDY	OTHER SWEETS (SUGAR EQUIVALENT) ‡		TOTAL ‡	ALCO- HOLIC BEVERAGE	SOME NU- TRITIVE VALUE ‡	NO NU- TRITIVE VALUE ‡
									VIT. C ADDED (10)	NO VIT. C ADDED (11)				
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR-----	.931	.139	.327	.282	.072	.110	1.650	1.438	.071	.141	**	.470	.327	**
SPRING-----	.937	.173	.303	.271	.077	.114	1.682	1.449	.079	.154	**	.559	.319	**
SUMMER-----	.996	.145	.386	.291	.076	.097	1.859	1.566	.129	.163	**	.494	.337	**
FALL-----	.896	.109	.324	.271	.074	.118	1.587	1.454	.026	.107	**	.393	.312	**
WINTER-----	.869	.123	.275	.301	.057	.113	1.371	1.204	.031	.135	**	.411	.343	**
UNDER 3,000-----	.943	.208	.291	.261	.047	.136	1.663	1.431	.107	.125	**	.207	.294	**
3,000-4,999-----	.978	.154	.327	.257	.120	.120	1.804	1.664	.035	.105	**	.266	.313	**
5,000-6,999-----	.859	.137	.270	.291	.062	.099	1.601	1.360	.090	.150	**	.393	.293	**
7,000-9,999-----	.948	.102	.338	.264	.103	.140	1.589	1.375	.057	.157	**	.758	.352	**
10,000 AND OVER----	.957	.150	.393	.311	.020	.083	1.734	1.477	.089	.168	**	.598	.295	**

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR-----	.350	.101	.096	.100	.016	.037	.585	.374	.047	.164	.558	.189	.290	.079
SPRING-----	.357	.124	.084	.093	.017	.039	.604	.381	.052	.171	.544	.185	.291	.070
SUMMER-----	.367	.105	.112	.100	.016	.035	.684	.382	.072	.230	.576	.163	.297	.097
FALL-----	.327	.081	.096	.099	.018	.033	.509	.387	.025	.097	.497	.168	.266	.063
WINTER-----	.343	.088	.089	.112	.014	.040	.508	.336	.029	.143	.628	.232	.310	.086
UNDER 3,000-----	.383	.144	.084	.102	.010	.044	.629	.407	.073	.150	.353	.046	.270	.037
3,000-4,999-----	.361	.109	.090	.097	.028	.037	.547	.388	.028	.131	.439	.080	.293	.066
5,000-6,999-----	.322	.102	.074	.096	.013	.036	.575	.343	.054	.178	.568	.210	.259	.099
7,000-9,999-----	.333	.073	.098	.092	.022	.048	.606	.383	.034	.189	.634	.252	.305	.076
10,000 AND OVER----	.384	.112	.130	.109	.005	.028	.633	.399	.061	.172	.620	.277	.260	.083

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	99.3	50.7	76.1	84.5	21.1	50.0	100.0	99.3	33.1	85.2	99.3	35.2	97.9	43.0
SUMMER-----	100.0	33.3	76.5	88.2	23.5	51.0	100.0	100.0	43.1	78.4	100.0	41.2	100.0	39.2
FALL-----	100.0	34.8	76.1	91.3	23.9	37.0	100.0	100.0	15.2	65.2	100.0	23.9	100.0	34.8
WINTER-----	100.0	42.5	85.0	92.5	17.5	50.0	100.0	100.0	22.5	60.0	100.0	37.5	100.0	32.5

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD HOME-PRODUCED

WEST

RURAL FARM

SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1)	FATS, OILS							SUGAR, SWEETS			OTHER FOOD			
	TOTAL	BUTTER	MARGA- RINE	OIL, - SALAD DRESS- ING	LARD	VEGE- TABLE SHORT- ENING	TOTAL (SUGAR EQUIV- ALENT) ‡	SUGAR, SIRUP, JELLY, CANDY	OTHER SWEETS (SUGAR EQUIVALENT) ‡		TOTAL ‡	ALCO- HOLIC BEVERAGE	SOME NU- TRITIVE VALUE ‡	NO NU- TRITIVE VALUE ‡
									VIT. C ADDED	NO VIT. C ADDED				
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)

QUANTITY PER PERSON PER WEEK (POUNDS)

ALL HOUSEHOLDS, YEAR--	.057	.021	.000	.000	.035	.000	.140	.140	.000	.000	**	.012	.000	**
SPRING-----	.061	.033	.000	.000	.028	.000	.125	.125	.000	.000	**	.002	.000	**
SUMMER-----	.026	.010	.000	.000	.017	.000	.157	.157	.000	.000	**	.000	.000	**
FALL-----	.070	.017	.000	.000	.052	.000	.115	.115	.000	.000	**	.035	.000	**
WINTER-----	.080	.026	.000	.000	.053	.000	.165	.165	.000	.000	**	.016	.000	**
UNDER 3,000-----	.079	.053	.000	.000	.026	.000	.224	.224	.000	.000	**	.000	.000	**
3,000-4,999-----	.095	.039	.000	.000	.057	.000	.120	.120	.000	.000	**	.013	.000	**
5,000-6,999-----	.041	.008	.000	.000	.033	.000	.113	.113	.000	.000	**	.037	.000	**
7,000-9,999-----	.066	.018	.000	.000	.046	.000	.128	.128	.000	.000	**	.000	.000	**
10,000 AND OVER---	.016	.007	.000	.000	.009	.000	.176	.176	.000	.000	**	.003	.000	**

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

ALL HOUSEHOLDS, YEAR--	.023	.015	.000	.000	.008	.000	.069	.069	.000	.000	.010	.009	.000	.000
SPRING-----	.030	.024	.000	.000	.006	.000	.065	.065	.000	.000	.001	.001	.000	.000
SUMMER-----	.010	.007	.000	.000	.003	.000	.075	.075	.000	.000	.000	.000	.000	.000
FALL-----	.025	.013	.000	.000	.013	.000	.055	.055	.000	.000	.030	.025	.000	.000
WINTER-----	.032	.019	.000	.000	.013	.000	.083	.083	.000	.000	.011	.011	.000	.000
UNDER 3,000-----	.044	.038	.000	.000	.006	.000	.106	.106	.000	.000	.000	.000	.000	.000
3,000-4,999-----	.040	.027	.000	.000	.013	.000	.061	.061	.000	.000	.009	.009	.000	.000
5,000-6,999-----	.014	.006	.000	.000	.008	.000	.057	.057	.000	.000	.032	.027	.000	.000
7,000-9,999-----	.025	.013	.000	.000	.011	.000	.061	.061	.000	.000	.000	.000	.000	.000
10,000 AND OVER---	.007	.005	.000	.000	.002	.000	.089	.089	.000	.000	.002	.002	.000	.000

PERCENT OF HOUSEHOLDS USING IN A WEEK

ALL HOUSEHOLDS														
SPRING-----	14.1	5.6	.0	.0	9.9	.0	43.0	43.0	.0	.0	.7	.7	.0	.0
SUMMER-----	7.8	2.0	.0	.0	5.9	.0	49.0	49.0	.0	.0	.0	.0	.0	.0
FALL-----	21.7	8.7	.0	.0	17.4	.0	43.5	43.5	.0	.0	6.5	4.3	.0	.0
WINTER-----	20.0	5.0	.0	.0	15.0	.0	45.0	45.0	.0	.0	2.5	2.5	.0	.0

* SEE NOTES FOLLOWING WEST, TABLE 18.



SPECIFIC TABLE NOTES

Table 1.--Number of Households and Household Size

Col. No.	Heading	Notes
2B	Weighted percent	Weights were used to compensate for the spring sample being 3 times the size of the samples for each of the other seasons. Expanded samples of farm households also required compensatory weights: 0.25 and 0.24 for North Central spring and summer, respectively; 0.18 and 0.16 for South fall and winter, respectively; and 0.20 for all other region-season samples. Percentages were computed from weighted counts. For more details, see HFCS 1965-66 Reports 13-16, Sample Analysis (8, 9, 10, 11).

3	Household size in: Equivalent persons	21 meals from home food supplies are equivalent to "one person."
4-11 ...	Equivalent nutrition units:	Household size in adult-male equivalent units (to permit comparison of diets of households of different sizes and composition). For each nutrient the number of such units was calculated using the 1963 Recommended Dietary Allowances to relate the needs of persons of different age and sex to those of the 20-35-year-old man.

Table 2.--Household Composition in Terms of Meals at Home

Col. No.	Heading	Notes
2	Total	Includes refreshments served to guests (equated on a meal basis) not included in other columns.
	Percent of total meals at home in a week:	
9	Women, total	Includes nursing mothers, not shown separately.
21	Girls 9-19, total .	Includes pregnant and nursing mothers, not shown separately.

Table 5.--Nutritive Value of Diets Per Person by Food Group

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
1	Food group	See notes for tables 13-18 for some, but not necessarily all, items included in food groups.

Table 6.--Money Value and Nutrients by Food Group

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
1	Food group	See notes for tables 13-18 for some, but not necessarily all, items included in food groups.

Tables 7-10.--Percent of Household Diets With Specified Amounts of Nutrient per Nutrition Unit per Day

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Title	The amount in the first interval specified is less than two-thirds of the Recommended Dietary Allowance (1963) for the 25-year-old-man. The amount in the second interval is from two-thirds of the allowance up to the allowance.

Table 12.--Household Diets by Number of Nutrients Below Recommended Allowance (1963)

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Percent of diets short in--	
2	1 or more	Total percentage of diets not meeting allowances for 1 or more nutrients = 100.0. The percent of all diets short in specified numbers of nutrients can be computed by multiplying percentages in col. 3-9 by percent of households with less than allowance for one or more nutrients in table 11, col. 2.

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Table 13.--Milk, Cream, Cheese

<u>Col. No.</u>	<u>Heading</u>	<u>Notes</u>
2-3	Total (milk equivalent).....	Quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium.
	Milk (fresh , processed)	
3	Total (equivalent).	Includes fresh fluid milk, not shown separately.

Table 14.--Meat, Poultry, Fish; Other Protein Food

<u>Col. No.</u>	<u>Heading</u>	<u>Notes</u>
8	Other meat	Includes veal, lamb, game, and variety meat.
	Other protein food:	
11	Total	**Indicates data are not available. Total for money value includes plate dinners mostly meat, poultry, fish, other protein foods not shown separately.

12	Eggs (fresh equivalent)	Includes in-shell equivalent of liquid (yolks, whites, mixed yolks and whites) and processed eggs.
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Table 15.--Vegetables (Fresh, Processed)

<u>Col. No.</u>	<u>Heading</u>	<u>Notes</u>
2,8,14, 19,24, 27	Vegetable juice is included in this table.	
	Total	Includes fresh produce and small amounts of foods prepared at home prior to the survey week, not shown separately.
	All vegetables:	
2	Total	Sum of unconverted quantities of all components.
8-13 ..	Potatoes	Includes potato chips, sticks, salad, and soup.
8	Total (fresh equivalent)	Weight of fresh potatoes with skins plus pared and processed potatoes converted to equivalent weight of fresh potatoes with skin.

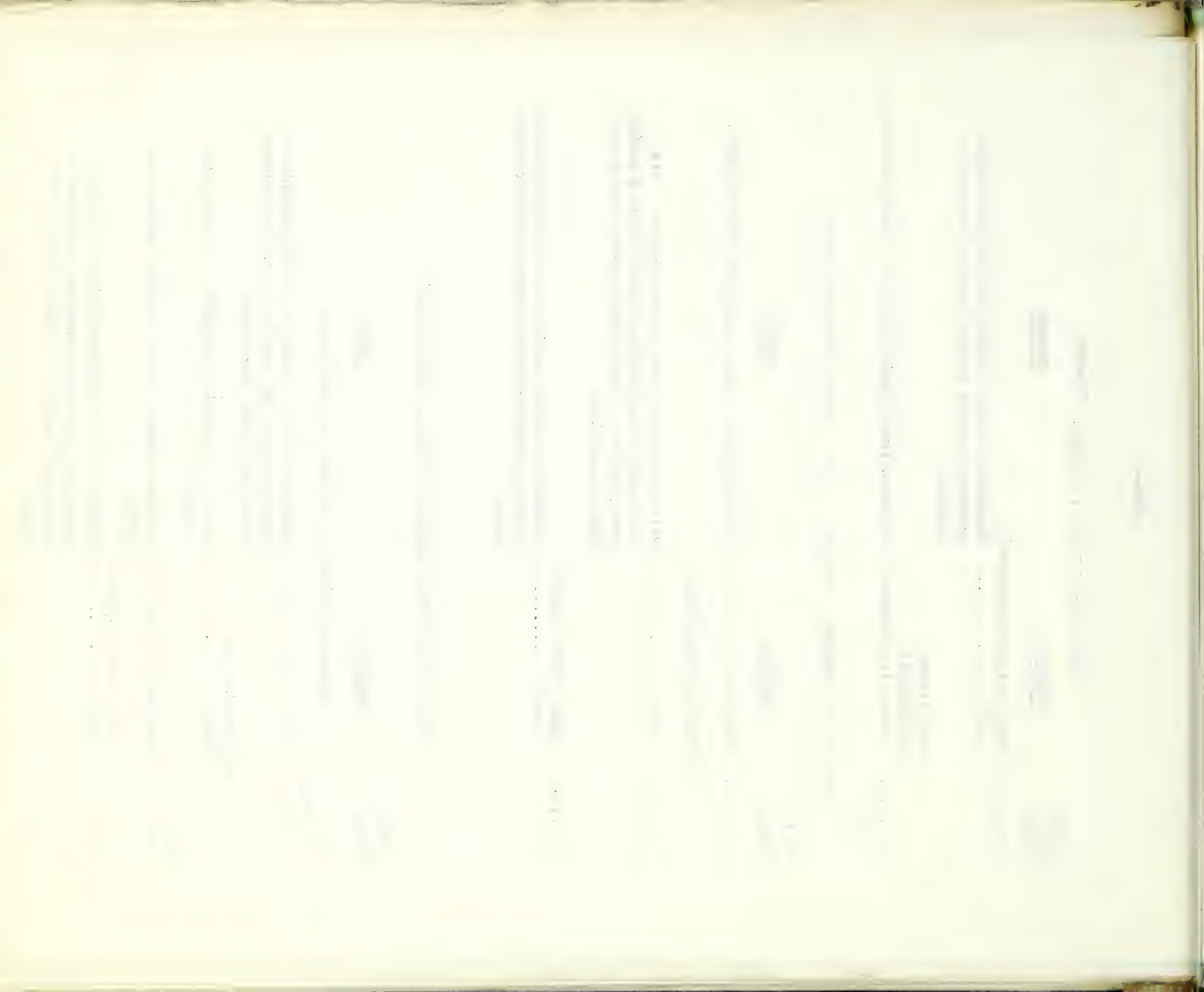


Table 15.--Vegetables (Fresh, Processed)--continued

<u>Col. No.</u>	<u>Heading</u>	<u>Notes</u>
	All vegetables:--continued	
14-18 .	Dark green	Includes spinach, kale, collards, mustard greens, broccoli, peppers, and other dark-green vegetables rich in vitamins A and C.
19-23 .	Deep yellow	Includes sweetpotatoes, carrots, pumpkin, winter squash, and other deep-yellow, vitamin A-rich vegetables.
24-26 .	Tomatoes	Includes tomato paste, sauce, catsup, soup, and relish.
27-32 .	Other	Includes olives, pickles, relishes not tomato.
33	Soup, mixtures: Total	Includes ready-to-eat mixtures not shown separately.

Table 16.--Fruit (Fresh, Processed)

<u>Col. No.</u>	<u>Heading</u>	<u>Notes</u>
	Fruit juice is included in this table.	
2,8,13, 16 ...	Total	Includes fresh fruit and small amounts of food prepared at home prior to the survey week not shown separately.
	All fruit:	
2	Total	Sum of unconverted quantities of all components.
	Citrus:	
8	Total (juice equivalent)	Weight of single-strength juice plus equivalent juice of fresh citrus fruit and concentrated citrus juice.
13-15 .	Other vitamin C rich ..	Includes cantaloup, papaya, strawberries, and other vitamin C-rich fruits. Excludes melons other than cantaloups and berries other than strawberries.

Table 17.--Grain Products

Col. No.	Heading	Notes
2,7 ...	Total (flour equivalent)	Weight of flour, cereals, meals, and pastes plus dry weight of flour, cereals, meals, and pastes in prepared products and bakery products.

Table 18.--Fats, Oils; Sugars, Sweetens; Other Food

Col. No.	Heading	Notes
8	Sugar, sweets: Total (sugar equivalent)	Weight of sugar, sirup, jelly, and candy plus sugar equivalent of soft drinks, ades and punches, beverage and dessert powders, and prepared desserts.
10,11 .	Other sweets (sugar equivalent)	Includes sugar equivalent weight of soft drinks, ades, and punches; beverage and dessert powder; and prepared desserts.
12,15 .	Other food: Total	**Indicates data are not available.
14	Some nutritive value	Includes yeast, baking powder, coffee, coffee substitute, tea, cocoa, baking chocolate, chocolate sirup.
15	No nutritive value	Includes vinegar, salt, artificial sweeteners, meat extracts, soya sauce, meat tenderizer, vanilla, other flavorings, pepper, spices, herbs, soda, cream of tartar, similar products.

DEFINITIONS AND EXPLANATIONS

All households.--All households classified by income plus some households not classified by income. Households not classified were those with persons living together but not drawing from a common fund for major expense items, such as food and housing, at the time of the survey or for the year 1964, and households in which respondents were either unable or unwilling to give information about income.

All sources.--Includes food used during the week from the following sources: (1) Bought with cash, credit, food stamps, coupons, or food vouchers; (2) home produced; (3) federally donated; and (4) received as gift or pay; that is, food received as gift from person outside of the household, as payment for services rendered or received from a private or public welfare agency.

All urbanizations.--Includes all households in the urban, rural nonfarm, and rural farm urbanization categories. See "Urbanization."

Citrus juice equivalent.--Includes weight of single-strength citrus and blended citrus juice plus juice weight of fresh citrus fruit and commercially frozen or canned concentrated citrus fruit juices converted to their equivalent single-strength juice weight. Source of most factors: Conversion Factors for Agricultural Commodities (12).

Dietary quality.--An assessment of the nutritive value of foods used at home in relation to the Recommended Dietary Allowances of household members adjusted for the number of meals eaten away from home. A diet was termed good when its nutritive value equaled or exceeded the recommended allowance for each of the seven nutrients for all persons eating in the household. When a diet supplied less than two-thirds of the recommended allowance for one or more nutrients, it was rated poor. Between the households with good and poor diets were those that provided less than the allowance for at least one nutrient but at least two-thirds of the allowance for all seven nutrients. Such diets were sometimes labeled fair. See "Household size in equivalent nutrition units," and "Recommended Dietary Allowances."

Eggs, fresh-equivalent.--Includes dozens of fresh eggs plus frozen, dried, or liquid eggs without shell, whether the whole egg, whites, or yolks only, converted to equivalent amounts of whole eggs in shell on a weight basis. Source of most factors: Conversion Factors for Agricultural Commodities (12).

Farm.--See "Urbanization."

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Flour equivalent.--The product weight of flour, meal, cereals, and pastes, plus the weight of the dry flour, meal, cereals, and pastes in prepared flour mixes, bakery products, and other mixtures of which the predominant ingredients were from grain. The flour equivalent of the mixed foods ranged from 20-60 percent of the product weight. Source of most factors: Conversion Factors for Agricultural Commodities (12).

Food at home.--Food and beverages (alcoholic and nonalcoholic) used during the 7 days before the date of the survey interview, whether bought or received without direct expenditure. Included were food and beverages (1) eaten at home, (2) carried from home in packed meals, (3) thrown away, and (4) fed to pets. Excluded from food at home were (1) commercial pet food and household food fed to animals raised for commercial purposes and (2) food that was given away for use outside the home, such as food sent to sons in the military service, gifts of food donated to a church supper, and food given to household help to take home.

Food used at home was classified as fresh, canned commercially or at home, frozen commercially or at home, and dried or dehydrated. Generally, the food used at home was classified in the form brought into the kitchen. Homemade mixtures used during the survey week were recorded (1) as ingredients if prepared during the survey week or (2) as the product if prepared before the survey week.

Home-canned food.--A product canned at home before the survey week whether home processed by the respondent or by someone else who gave or sold the canned food to the respondent. Homemade jelly, marmalade, pickles, catsup, relish, and nut butter were considered home canned.

Home-frozen food.--A product frozen at home before the survey week whether home processed by the respondent or by someone else who gave or sold the frozen food to the respondent. To be considered home frozen, a food was frozen and stored in a separate freezer--a homefreezer, a combination freezer-refrigerator with freezer sealed off, or a locker in a plant for storing frozen food.

Home-produced food.--Food raised for home use and food obtained by hunting, fishing, and gathering from the wild. Home-canned, home-frozen, and home-baked foods were not included unless the major ingredient was home produced.

Household.--A family or a group of unrelated persons who lived together, and their guests, boarders, and hired help. Included were persons who usually lived there but were away from home temporarily--on vacation, at school, or on a business trip, for example. Food information was not taken from a household unless at least one person had 10 or more meals from the household food supply during the 7 days preceding the interview.

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Household size in equivalent meals at home (persons).--The number of 21-meal-at-home equivalent persons in the household. All meals eaten at home during the week by family members, guests, boarders, or household help were added together and divided by 21. In counting the meals from household food supplies, the following procedures were used: (1) When a household member's morning, noon, or evening meals at home and away did not add to seven, skipped meals were assumed to be at home or away in the same proportion as reported meals. (2) Meals by members, in addition to three a day and refreshments and snacks, were counted as a part of the three meals. (3) Refreshments served to guests (not full meals) were counted as one-fourth or one-half meal depending on the number of items served. (4) Food carried from home supplemented by only beverage from other sources was counted as a home meal. (5) Food carried from home, supplemented by other food, was counted as one-half meal.

Household size in equivalent nutrition units.--The number of adult-male equivalent persons in the household, calculated separately for food energy and each nutrient based on the relative needs of household members. The need of the man, 25 years old as indicated by the Recommended Dietary Allowance (1963), was assumed to be 1.0 nutrition unit. Needs of other persons in equivalent nutrition units were calculated by dividing their allowances by the allowance for the man. For example:

Household member	Daily recommended allowance for--		Equivalent nutrition units	
	Food energy	Calcium	Food energy	Calcium
	Cal.	G.		
Man, age 25-----	2,900	0.8	1.00	1.00
Woman, age 25-----	2,100	.8	.72	1.00
Boy, age 9-----	2,400	1.1	.83	1.38
Girl, age 2-----	1,300	.8	.45	1.00

The size of the household in equivalent nutrition units was then determined, taking into account the number of meals each person had at home. An example of the calculations for food energy and calcium for one household follows:

Persons served	Meals at home during week	Equivalent nutrition units		Meals X nutrition units	
		Food energy	Calcium	Food energy	Calcium
Household meals:					
Man, age 25-----	14	1.00	1.00	14.00	14.00
Woman, age 25-----	18	.72	1.00	12.96	18.00
Boy, age 9-----	18	.83	1.38	14.94	24.84
Girl, age 2-----	21	.45	1.00	9.45	21.00
Guest meals, female, age 75----	1	.48	1.00	.48	1.00
Total for the week-----	72	--	--	51.83	78.84

For this household, the size in equivalent nutrition units for food energy is 2.47 (51.83 ÷ 21) and for children, 3.75 (78.84 ÷ 21). The household size in 21-meal-at-home equivalent persons is 3.43 (72 ÷ 21).

If standards of dietary quality other than Recommended Dietary Allowances set in 1963 by the Food and Nutrition Board are used, the household size in nutrition units and all tables on a nutrition unit basis should be recomputed.

Milk equivalent.---Quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium content. Chief source of data on the calcium content of the various dairy products: Composition of Foods (13).

Money income.---Respondent's estimate of 1964 money income (after deduction of State and Federal income taxes) for spring and summer and 1965 income for fall and winter within one of the income classes grouped by \$1,000 increments up to \$12,000 and by broader income ranges above \$12,000 up to \$25,000 or more. Income was counted for all persons living in the household who drew from a common fund for the major items of expense, such as food and housing, whether or not they ate at home during the week. Included were unmarried sons and daughters of any age living at home; persons usually a part of the family who were temporarily away from home--at school, at work, in the hospital, or on vacation; and other persons related or unrelated living with the family who drew from a common family fund for major items of expense. Income from sons and daughters quartered on military installations was not included.

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Money value of food used at home.--Expenditures for bought food and money value of home-produced food and food received free of cost that was used during the survey week. Expenditures for bought food were based on prices reported as paid regardless of the time of purchase. Sales tax was excluded. Bought food with no price reported, home-produced food, and food received as a gift or instead of pay were valued using prices reported as paid for similar items by other families in the same region and urbanization. Federally donated foods were valued using average retail prices in the United States reported by the Bureau of Labor Statistics for use in its food price index.

Nutrition unit.--See "Household size in equivalent nutrition units" and "Nutritive value of diets per nutrition unit."

Nutritive value of diets.--Nutritive values of all foods and beverages including alcoholic beverages and baking powder used. Nutritive content of food was calculated mainly from data on nutrients in the edible portion of one pound of food as purchased--Composition of Foods (13, table 2). Homemakers provided descriptive information with regard to kind, process, inedible parts, and enrichment and fortification for matching the foods used with corresponding items in composition tables.

Before the food composition values were applied to the food quantities, estimated average losses in cooking for vitamin A value, thiamine, riboflavin, niacin, and ascorbic acid were deducted. Cooking losses were estimated from Procedures for Calculating Nutritive Values of Home-Prepared Foods (1) and unpublished data.

The data include nutritive values of any edible food brought into the kitchen for household use but lost or discarded in storage, in preparation for cooking, and as plate or table waste. Therefore, the amounts of nutrients given in tables of this report are undoubtedly larger than amounts in the food actually eaten. Minerals in water and minerals and vitamins from concentrates taken by individuals were not included.

Nutritive value of diets per nutrition unit.--Nutritive value of food used at home divided by the household size in nutrition units and by seven. See "Household Size in Equivalent Nutrition Units." When content of diets is presented on a unit-of-nutrient-need basis, diets of groups of households of varying size and composition can be compared and such households can be arrayed by the level of the nutrient content of their diets.

An adjustment for meals eaten away from home by family members was made through use of the number of meals at home only in the divisor. This adjustment assumes that an average meal away from home is equal nutritionally to a meal at home. Between-meal food eaten away from home is not included.

THE
HISTORY
OF
THE
CITY
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NEW
YORK
FROM
1624
TO
1898
BY
JOHN
B. HOGAN
AND
JAMES
M. SMITH
NEW
YORK
1898

Nutritive value of diets per person.-- Nutritive value of food used at home divided by the number of 21-meal-at-home-equivalent persons in the household. See "Household Size in Equivalent Meals at Home (Persons)." Nutrient content of diets is presented per 21-meal-at-home-equivalent person to adjust for various sizes of households. An adjustment for meals away from home by family members was made through use of the number of meals at home only in the divisor. This adjustment assumes that an average meal away from home is equal nutritionally to a meal at home. Between-meal food eaten away from home is not included.

Averages per person are generally satisfactory for comparisons among large population groups similar in composition by age and sex. For groups dissimilar in composition, comparisons may be misleading because the food needs of groups of households may differ.

Person.--One person equals 21 meals at home. See "Household Size in Equivalent Meals at Home (Persons)." Average quantities and money value of food used per person by groups of households are per 21-meal-at-home-equivalent person.

Potato, fresh equivalent.--Weight of fresh whole potatoes plus weight of fresh pared, canned, frozen, and dried potatoes, and potato chips, soup, and salad converted to equivalent weight of fresh potatoes with skin. Source of most factors: "Conversion Factors for Agricultural Commodities" (12).

Recommended Dietary Allowances.--Daily allowances for food energy and seven nutrients recommended by the Food and Nutrition Board, National Academy of Sciences-National Research Council, as normally desirable goals in planning practical diets (2).

The recommended allowances are judgments of nutrition experts who consider them, except for calories, well above minimal requirements but not necessarily optimal levels of intake. The margin over minimal requirements varies widely among nutrients. Two-thirds of the allowance has been considered in this and other household surveys of the Department as a level below which diets could be nutritionally inadequate for some individuals over an extended period of time. Height, weight, and other variables affect the nutrient requirements of an individual. Although the allowances do not constitute a precise tool for rating diets of persons or households individually, they do provide a satisfactory yardstick for evaluating diets of population groups. They also provide a tool for calculating nutrition units of households, which in turn permit comparison of nutrient content of food of households and groups of households dissimilar in composition.

Rural farm.--See "Urbanization."

Rural nonfarm.--See "Urbanization."

Sample design and analysis.--See HFCS 1965-66 Reports 13, 14, 15, and 16 for detailed description of sample for each region (8, pp. 209-211; 9, pp. 209-211; 10, pp. 209-211; 11, pp. 209-211).

Seasons.--Spring: April, May, and June 1965

Summer: July, August, and September 1965

Fall: October, November, and December 1965

Winter: January, February, and March 1966

Sugar equivalent.--Weight of sugar, sirup, jellies, and candies plus approximate sugar content by weight for selected foods high in sugar--liquid soft drinks; fruit ades, punches, drinks, nectars; dry pudding mixes; ready-to-eat gelatin dessert; and cake icing.

Survey week.--The continuous 7-day period just before the interview during which the reported food was used. An interview that occurred on Monday morning after breakfast, for example, covered the period from Monday morning a week earlier after breakfast to the interview time.

Urban.--See "Urbanization."

Urbanization.--Distinction between urban and rural households was based on the size of place in which the dwelling was located. Within the rural category, distinction between farm and nonfarm households was based on the presence of a farm operator. Definitions are those used by the Department of Commerce for the Population Census (1950) and the Agriculture Census (1964).

All households: Composite of urban, rural nonfarm, and rural farm households appropriately weighted.

Urban: Households in places with at least 2,500 inhabitants and in closely settled fringe areas surrounding cities of 50,000 or more inhabitants.

Rural nonfarm: Households outside of urban places without a farm operator.

Rural farm: Households outside of urban places with a farm operator.

A farm operator was a person who at the time of the interview made decisions and controlled the operation of property consisting of (1) 10 or more acres yielding sales of at least \$50 in 1964 or (2) fewer than 10 acres yielding sales of at least \$250 in 1964 or (3) land expected to yield sales in 1965 meeting either of those specifications. The farm operator performed the labor himself or directly supervised it. He was an individual operator or had one or more partners and either owned or rented the property by cash or cropping arrangements. The operator's dwelling unit did not have to be located on the farm property.

Weights.--Data for the year in this report take into account the fact that the spring sample was three times the size of the samples for each of the other seasons. Expanded samples of farm households also required compensatory weights: 0.25 and 0.24 for North Central spring and summer, respectively, 0.18 and 0.16 for South fall and winter, respectively, and 0.20 for all other region-seasons.

Year.--See "Seasons."

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1. The first part of the paper discusses the importance of maintaining accurate records of all transactions. It emphasizes that proper record-keeping is essential for the success of any business or organization. The author provides a detailed overview of the various methods used to collect and analyze data, highlighting the strengths and weaknesses of each approach. The text is written in a clear, concise style, making it accessible to a wide range of readers.

2. The second part of the paper focuses on the application of these methods in a real-world context. The author describes how the data collected was used to identify trends and patterns, and how this information was then used to make informed decisions. The paper also includes a section on the challenges faced during the data collection process, and how these challenges were overcome. The author concludes by summarizing the key findings of the study and providing recommendations for future research.

3. The third part of the paper discusses the importance of maintaining accurate records of all transactions. It emphasizes that proper record-keeping is essential for the success of any business or organization. The author provides a detailed overview of the various methods used to collect and analyze data, highlighting the strengths and weaknesses of each approach. The text is written in a clear, concise style, making it accessible to a wide range of readers.

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PUBLICATIONS FROM THE HOUSEHOLD FOOD CONSUMPTION SURVEY, 1965-66

1. Food Consumption of Households in the United States, Spring 1965
2. Food Consumption of Households in the Northeast, Spring 1965
3. Food Consumption of Households in the North Central, Spring 1965
4. Food Consumption of Households in the South, Spring 1965
5. Food Consumption of Households in the West, Spring 1965
6. Dietary Levels of Households in the United States, Spring 1965
7. Dietary Levels of Households in the Northeast, Spring 1965
8. Dietary Levels of Households in the North Central Region, Spring 1965
9. Dietary Levels of Households in the South, Spring 1965
10. Dietary Levels of Households in the West, Spring 1965
11. Food and Nutrient Intake of Individuals in the United States, Spring 1965
12. Food Consumption of Households in the United States, Seasons and Year 1965-66
13. Food Consumption of Households in the Northeast, Seasons and Year 1965-66

1. The first part of the document is a list of names and titles, including the names of the authors and the titles of their works. This list is organized in a table-like format with columns for the author's name, the title of the work, and the year of publication.

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14. Food Consumption of Households in the North Central Region, Seasons and Year 1965-66
15. Food Consumption of Households in the South, Seasons and Year 1965-66
16. Food Consumption of Households in the West, Seasons and Year 1965-66
17. Food Consumption of Households by Money Value of Food and Quality of Diet--United States, North, South
18. Dietary Levels of Households in the United States, Seasons and Year 1965-66

SURVEY REGIONS

Classification of continuous States as defined by the 1960 Census follows:

Northeast

Connecticut	New Hampshire	Pennsylvania
Maine	New Jersey	Rhode Island
Massachusetts	New York	Vermont

North Central

Illinois	Michigan	North Dakota
Indiana	Minnesota	Ohio
Iowa	Missouri	South Dakota
Kansas	Nebraska	Wisconsin

South

Alabama	Georgia	Oklahoma
Arkansas	Kentucky	South Carolina
Delaware	Louisiana	Tennessee
District of Columbia	Maryland	Texas
Florida	Mississippi	Virginia
	North Carolina	West Virginia

West

Arizona	Montana	Utah
California	Nevada	Washington
Colorado	New Mexico	Wyoming
Idaho	Oregon	

Alaska and Hawaii are not included in this study.

SURVEY REGIONS

